

Better Homes and Gardens®

Complete Guide to Growing Veggies p.116

APRIL 2010 BHG.COM

How to Give Your Home easy spring style with Color, Fabric, and Pretty Seasonal Projects

20 Top Picks and Plants for Gardens

9 Smart Ways to Organize Your Family Room

plus:

- Best Reader Recipes
- Kitchen Storage Boost

Creamy Fresh Coconut Cake! A Spring Classic p.202

food safety Expert Tips to Protect Your Family

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fresh

ON OUR COVER

COVER PHOTO: ANDY LYONS

VOLUME 88, NUMBER 4


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Spiky and round. Orange against blue.
Opposites really do attract in your flowerbeds. A gardening expert shows how to create these stunning combinations.
Page 124.



VOLUME 88, NUMBER 4

a month of me time



Lisa Quinn, author of the new book, *Life's Too Short* (below), says we all could use a time-out. This month, she shares her tips about how to create "me time" and what to do when you have it.

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CONSTANT CRAVINGS
Schedule regular fun time—a weekly lingering stop at your favorite coffee shop or a monthly Saturday spent at the library.

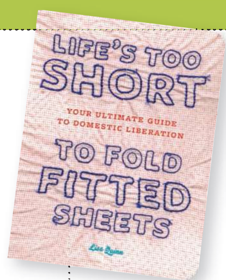
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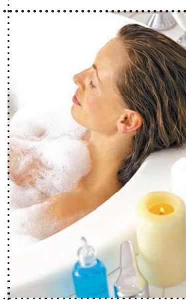




HOME SHOPPING
Host your own *What Not to Wear.* Invite friends to help make new outfits from your closet. Keep the best; donate the rest.

TIARA TIME
Put on a crown to signify when you want solitude. Let your family know not to mess with Queen Mum when they see the royal sign. Use these quiet moments to organize a photo album, do a crossword puzzle, or sign some proclamations, er, thank-yous.

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TREAT YOURSELF
Indulge with a bite of rich chocolate, a hot bubble bath, or online window-shopping.

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STORY TIME
Not enough time to read a book? Start an "article club." Gather your girlfriends and discuss a magazine story or blog posting.

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GIVE BACK
Align your interests with helping others. Love books? Read to kids at a nearby school. If cooking's your thing, bake cookies for a fire department.

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BACK SOON
Post an out-of-office or vacation response on your e-mail, and use the time to do something just for you.

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Play in the dirt. Spend a few minutes pulling weeds or planting seeds—it's meditation meets instant gratification.

NON-GUILTY PLEASURE Can you keep a secret? *truumomconfessions.com* can. Log on and anonymously post ideas, questions, or irks.

BY KATHY BARNES. *LIFE'S TOO SHORT TO FOLD FITTED SHEETS* BOOK, $19; *CHRONICLEBOOKS.COM*


for skin so tight, so toned, it defies gravity.
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letters BETWEEN FRIENDS



Living in a cold-weather climate, I've taught myself to consider the first day of April as the real start of spring, regardless of what the calendar says. While there may be a cold snap or two in waiting, the moment April arrives, I start packing up the winter clothes, pulling out patio furniture, and eyeing the yard for the possibilities of spring plantings.

There's an inherent optimism about spring, and it shines through in our feature home this month, "Little House Near the Big Woods," on *page 54*. Actually, this is the second magazine feature for this Minnesota residence. In 1931, it was showcased in a charming magazine of the day, *The Small Home*. Zoom to today, and to a smart addition that grew the house from small to medium. What I love about this colorful, happy house is that it absolutely exudes positivity—reminding me once again that as we shape our homes, we also shape the mood and life within (and that a little color can make a big difference in that).

April is Earth Month, so this issue digs in (literally) with our concise guide to successfully growing fresh, healthy vegetables to eat or share, *page 116*. When it comes to eating local, you can't beat growing it in your own backyard. Also, see *page 98* for ideas for energy-saving improvements to your home and for tax credits that make them more affordable.

Assist a Neighbor. Although the headlines may be fading, the earthquake that struck Haiti on January 12 left hundreds of thousands of people—perhaps more than a million—needing shelter, food, medical care, and rebuilding. Among the many organizations providing relief, one of our favorites is CARE, which focuses especially on women and children. Please visit *care.org* for information and to join me in donating. Spring is a time of optimism. Let's create some for a country in desperate need.

Gayle

Gayle Goodson Butler, Editor in Chief

MAKEUP: MARY-KATE GAYLES



Author, lecturer, and mom to two teen boys, outdoor-living expert Debra Prinzing joins us this month as contributing garden editor. "Gardening soothes the spirit and makes the heart content," says Debra. Look for her tips each month in our Better Gardening column, and in her garden features in months ahead. Learn more about Debra at *debraprinzing.com*.

BHG Top Cook

Congratulations to Dorothy Olsen of Provo, Utah, who took the grand prize in our Annual Recipe Challenge. Her winning entry: a chocolate-blueberry cake that tastes deceptively decadent (*page 178*).

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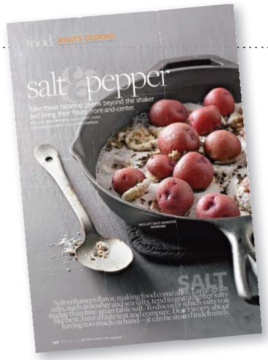
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"**Commenting** on a recipe isn't my thing, but I tried the Skillet Salt-Roasted Potatoes in the February issue, and they were wonderful! I made it exactly as directed, except cut the recipe in half because there are only two of us."

Janis Borkowski, Cuyahoga Falls, OH

I was touched by the February article "Two for the Road." Last year, my mother got sick and we almost lost her. I am blessed that we have had this time together. Although not a "getaway" like the ones described, each and every day that we spend together brings us closer and makes our relationship stronger. I wouldn't give it up for anything.

Becky Lizardo, Visalia, CA

Last summer, my daughter and I added a new dimension to our mother/daughter getaways—a teenage granddaughter! The three of us drove and camped from Rusk, Texas, to Seattle with a four-night stay at Yellowstone National Park. Priceless.

Florence Crysup, Rusk, TX

Delighted to see room paint colors and their manufacturers included in the February issue. I have asked BHG for this feature many times and you came through. It's impossible to envision wall colors from those tiny chips without a designer's experience and imagination. Please keep this in every issue. It's a winner!

Donna Taber Whitmer, Plymouth, IN

I love BHG! I thought, as I opened my February issue, "Wow, they read my mind." There have been so many times I admired paint colors in featured homes and wished that I knew the manufacturer and color code. This issue, you put them in.

Kris Snell, St. Charles, IL

Trying to cut my budget, I was considering letting several subscriptions expire. How fortunate that my renewal bill and the February issue arrived today. After devouring the magazine from cover to cover, I realized I cannot get this much information anywhere else.

Mary Nelle Black, Hartselle, AL

Over the years, I have received many compliments on my home decorating and our wonderful yard. I am always very proud to tell everyone that I get my ideas from your magazine.

Elfi Zier, Kenmore, WA

CORRECTION: A chart on heart-healthy foods in the February issue mistakenly suggested eating almonds for Omega-3, a cholesterol-lowering fatty acid. Almonds can reduce cholesterol, but walnuts are unique among nuts for providing Omega-3.

a: On Facebook we asked: How do you unwind?

... a nice glass of wine by the fireplace with a good book.

Melinda Abetrani-Velez

Me too!

Kathy Farrell Hurst

Our family tradition every Friday night—pizza. I never have to worry about cooking on Fridays.

Riki Stevenson

... a good book or movie and lots of cuddling with my two adorable West Highland white terriers.

Mary Lourdes Newman Mercurio

My husband works long hours, so on Friday evenings we head into the backyard with our kids and run and play and catch until we can no longer see each other. Then we say hello to the moon.

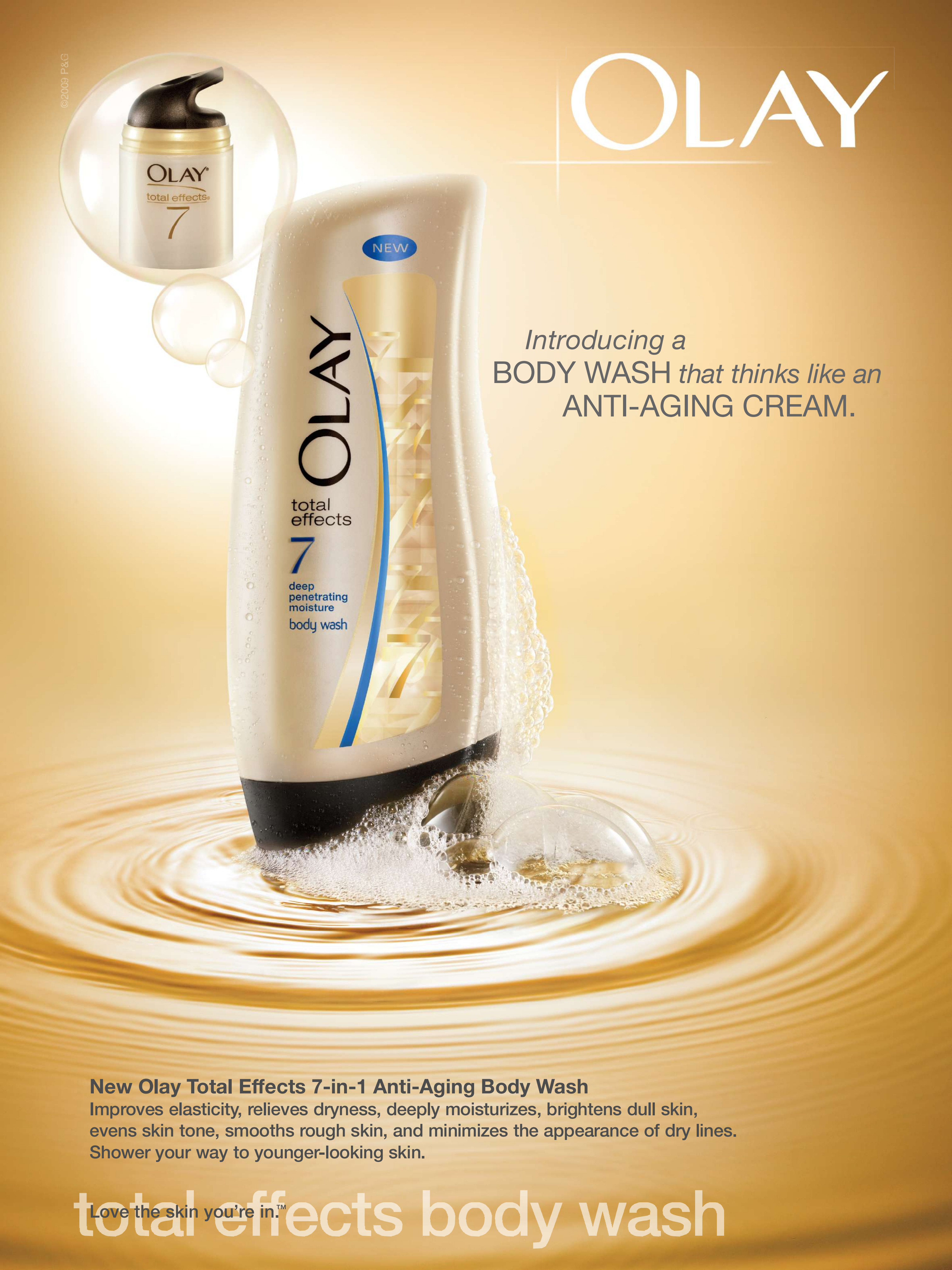
Annie Schultz Singler

... shopping for vintage clothing.

Jenni Austin

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While April showers are bringing May flowers (and vegetables) to your garden, stay inside with BHG.com and freshen up everything from your fridge to your photos.

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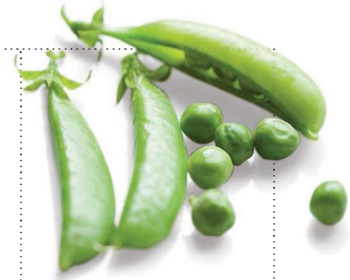
winners!

make our healthy chocolate dessert!

Our taste buds have spoken. Check out the winners of our Annual Challenge recipe contest on *page 178* (including a luscious—yet healthful—chocolate dessert). We have 20 more favorite recipes online—our top heart-healthy recipes of all time. **BHG.com/topheartrecipes**

Store more, store safe

From the store to the table, we've got you covered when it comes to food safety. Check out our full guide on *page 236*. To get the most nutrition out of your produce, we've opened up the refrigerator to show you the smartest, safest ways to store your favorite fruits and veggies. **BHG.com/storeproduce**



Grow your best veggie garden ever Claim the best garden in the neighborhood—with less work and expense than you thought possible—with our tips on *page 116*, then create tasty recipes that use the 13 veggies one top heart hospital recommends you eat most. **BHG.com/veggierecipes**

Let decorating experts guide you A design pro shares secrets for unifying a room with color, fabric, and clutter-concealing furniture on *page 73*. Get more expert decorating advice on everything from picking the right room colors to maximizing a small space. **BHG.com/expertdecor**



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©2009 Pepperidge Farm, Incorporated.
Puff Pastry Wrapped Brie
1 sheet Pepperidge Farm Puff Pastry Sheets, thawed
1 Brie cheese round (8 oz.)
1 egg
1. Heat oven to 400 F. Unfold pastry on floured surface. Place cheese in center. Fold pastry over cheese to cover. Trim excess pastry and press to seal. Reserve scraps for decoration, if desired.
2. Beat egg with 1 tbsp. water. Brush seam of pastry with egg mixture. Place seam side down onto baking sheet. Brush with egg mixture.
3. Bake 25 min. or until golden brown. Let stand 20 min. Serves 6.
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IDEAS FOR LIVING WELL



Stepping Out

Color your world happy—rain or shine. Breathe in the season's showy blossoms, kick up the fun in watertight wellies, and hop into everything Easter.

PHOTO: VEER

Produced by KELLY RYAN KEGANS and JESSICA THOMAS



things to do this month...

IN BLOOM You know spring is in the air when the cherry blossoms make their first appearance. Bring that feeling home by forcing flowering branches to bloom indoors. Try lilacs, forsythia, crabapple, or quince from your yard or buy branches from a florist. Check out our step-by-step video instructions at *BHG .com/bloomingbranches*.



INDISPENSABLE: RAIN GEAR

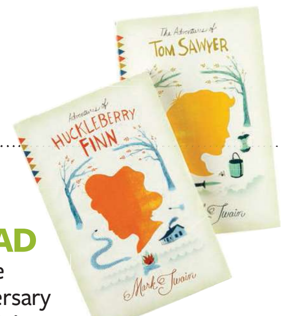
When the forecast is cloudy, create your own sunshine with these cheery puddle jumpers. Umbrella, $9.50; *oldnavy.com;* Nautical rain boots, $60; *llbean.com.*





3

WET AND WILD Water covers more than 70 percent of the Earth's surface, yet 95 percent of oceans remain unexplored. Plumb the depths up close on Earth Day (April 22) when *Oceans*, a visually stunning documentary about marine life, pours into theaters. Check out other events for Earth Day's 40th anniversary at *earthday.net*.



2

GOOD (RE)READ April 21 is the 100th anniversary of Mark Twain's death. Note the occasion by rereading one of his classics—new editions are released in bookstores this month; $9 each; *vintagebooks.com*.



4

UP IN THE AIR You can't see wind, but you can tell if conditions are right for kite flying just by looking outside. When flags fly, leaves rustle, and bushes shake, wind currents are likely between 4 and 12 miles per hour—the ideal time to get the wind beneath your kite wings. For more kite tips, visit *nationalkitemonth.org*.

Q&A Why is it important to complete my Census form?

Census results are used to divvy up about $400 billion in annual federal funding for education, transportation, human services, and medical programs at state and local levels. The deadline to return your completed packet is April 1, which is "Census Day."

CONTRIBUTORS: ERIN WYLIE, JOANNA LINBERG; MARKET EDITOR: JENNIFER CONDON; PHOTOS (RAIN GEAR, KITE): ADAM ALBRIGHT


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76%

OF PEOPLE EAT the ears on chocolate bunnies first. However you tackle it, they're America's favorite Easter treat.



GARDEN PARTY Take your springtime luncheon or dinner to new heights. Liberty of London two-tiered melamine tray, $15; Target stores

TO-DYE-FOR EGGS For vibrantly colored eggs that shine like jewels, try Easter Unlimited's new Candy Apple and Bright and Shiny egg dyeing kits, $4 each; Michaels stores



EVERYTHING EASTER

Make the most of the spring holiday with these newly hatched tips.





WARM WOOLENS Keep boiled eggs cozy under handmade felt bunnies (available in three colors). $11.50 each; *europeanmarket.us*

PINK MOON What's round, full, and pink all over? The moon on April 28. Also known as "the egg moon," the full moon in April was named for the color of the earliest spring flowers. Sometimes the moon actually appears pink (said to be caused by dust and pollution).

DRESS THE PART Brighten up your wardrobe with a vibrant floral cardigan, $90; Talbots; and yellow-trimmed raffia clutch, $40; Nordstrom



PUNCHED-UP TEA In a pitcher filled with ice, combine 1 ½ cups prepared white iced tea with 2 cups of your favorite tropical juices (we used 1 cup pineapple juice and 1 cup mango juice blend).

blogged...

SOOLIP.BLOGSPOT.COM Wanda Wen began blogging to showcase inspiring ways to use paper, including creative gift wrapping (look for her new book, *The Art of Gift Wrapping*, out April 1). As the season of wedding and baby showers, graduations, and Mother's and Father's Day nears, try one of Wanda's ideas: "Take a walk outside and look for fallen flower pods or sticks and wrap them in a bundle as a gift topper."



PHOTOS (EASTER) ADAM ALBRIGHT. PINK MOON INFORMATION FROM FARMER'S ALMANAC. CANDY STATISTIC FROM THE NATIONAL CONFECTIONERS ASSOCIATION.


m
Arriving in time to fill your basket.
Milk Chocolate
m&m's
m
Bunny Mix
Pick up a bag this Easter.
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fresh FINDS



$10 PICK OF THE MONTH

bamboo cheese board

Made of 100 percent bamboo, these tough boards are attractive enough to go from the kitchen to the table. Bambu Cutting Board, $10; *branchhome.com*

SAY CHEESE!

Pair great American farmstead cheeses with these sweet toppers.



CHEDDAR WITH JAM "Barely Buzzed," from Beehive Cheese Co. in Utah (*beehivecheese.com*), is covered in roasted coffee and lavender buds. Pair it with Stonewall Kitchen's Strawberry Apple Rhubarb Jam.



GOAT CHEESE WITH HONEY The subtle tang of California's Cypress Grove Humboldt Fog Goat (*cypress grovechevre.com*) is softened by a drizzle of honey.



BLUE WITH CHOCOLATE Try Rogue Creamery's Caveman Blue (*roguecreamery.com*) with (surprise!) milk or dark chocolate.

BY JEANNE AMBROSE; PHOTOS: ADAM ALBRIGHT


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stride right

These walking buddies create personal fitness programs and keep tabs on your progress. The gadgets easily slip into a pocket or clip onto an armband.

1 VIRTUAL COACH You don't need a gym membership to get a push from a personal trainer. Wear this device for a week and upload your data to a Web site to get a 12-week custom training program. You'll be assigned to a real-life coach who will answer your questions, encourage you to achieve your goals, and cheer you on when you make progress. Philips DirectLife, $100, then $12.95 per month after the first 12 weeks; *directlife.philips.com*

2 ON-THE-GO MOTIVATOR After setting fitness goals and making a customized plan online, this gadget provides real-time feedback as you exercise. Plug headphones into the pacer to hear prompts for when to work harder or ease up. Adidas miCoach Pacer, $140; *adidas .com/us/micoach*

3 TWO'S COMPANY Committing to regular exercise is easier when you partner up with a family member, friend, or even the family dog. This Nintendo DS program comes with two activity meters and supports up to four monitors (additional meters cost $15 each). After wearing the meter all day, download data wirelessly to a Nintendo DS and check progress against goals. Personal Trainer: Walking for Nintendo DS, $45; *personaltrainer walking.com*

NO GADGET REQUIRED Try a fitness app on your smartphone. Two to try: FitnessBuilder for the iPhone, $10, lets you follow a pre-programmed workout or you can create your own from thousands of exercises. Keep track of repetitions, weights, distances, and times as you go. SportyPal (free) lets you track outdoor exercise and share walking routes online. For iPhone, Android, Windows Mobile, and Blackberry smart phones.

BY SUZANNE KANTRA; PHOTO: ADAM ALBRIGHT



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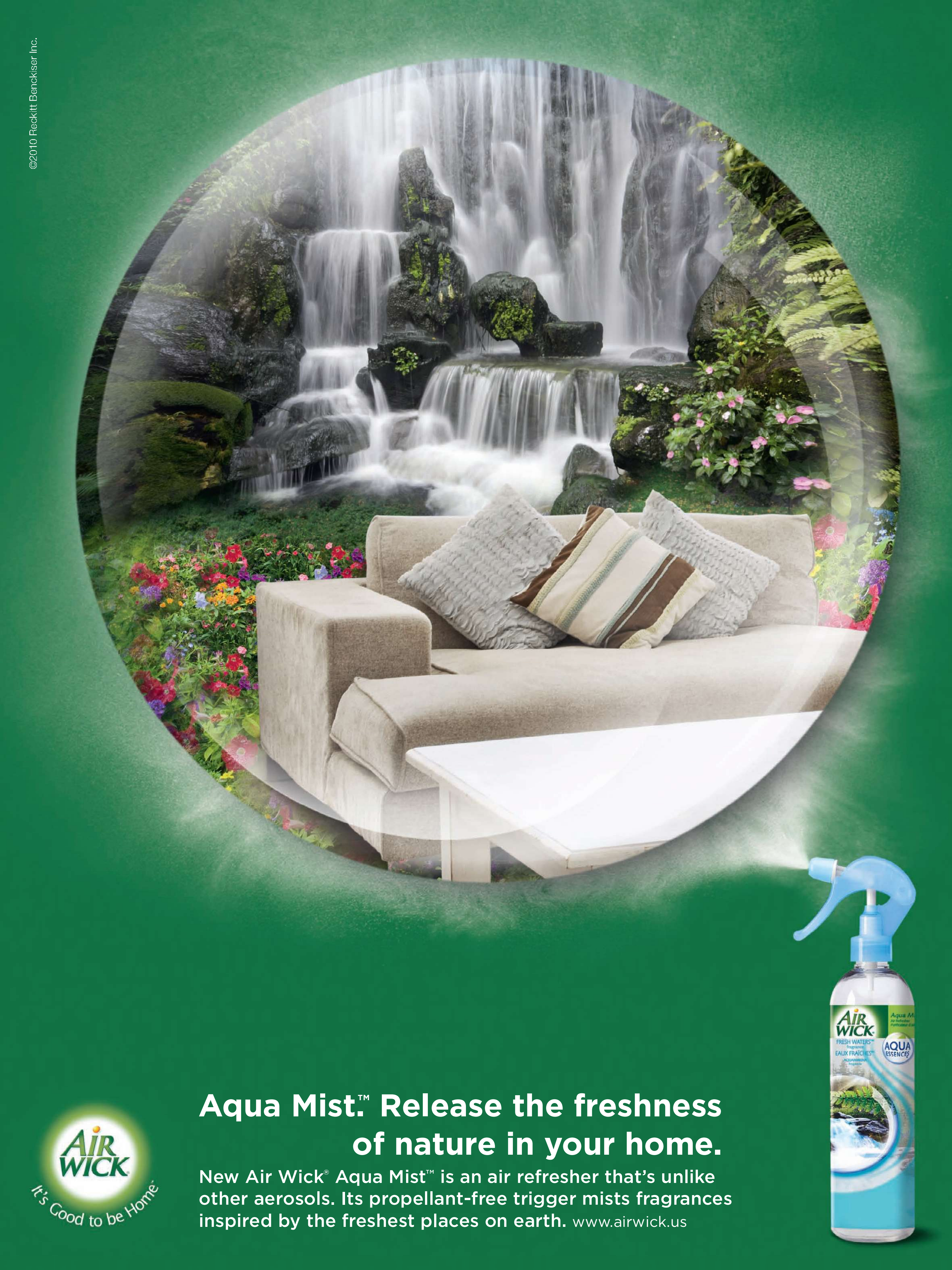


first blush

In one moment, spring is back—and that's reason to celebrate. Perk up your party with these seasonal touches.

by JOANNA LINBERG photos HELEN NORMAN
produced by MATTHEW MEAD

LOCAL BRANCH
Twigs from the backyard are the starting point for this centerpiece. "But you can also use twigs from a florist or crafts store," says our entertaining guru (and creator of these projects), Matthew Mead. Glue paper flowers (find them where scrapbooking supplies are sold) to the branch and place in an urn filled with florist's foam. Top with Spanish moss and colored eggs (for Matthew's how-to, see *page 32*).


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the scene

EGG DISH Mound painted eggs in a compote. Fill partway with water and stick a few flowers and greens in between.

GLASS ACT Wrap a rubber band around a votive holder and tuck in a marguerite daisy. Place in a small dish with water.

SPRING STRING Use a wooden skewer and ribbon to string hollowed-out eggs.

NEW LEAF Fold a napkin into quarters and pinch the center to form a point. Place the pointed end in a glass. Slip a daffodil stem in a florist tube inside; pull the corners down to resemble leaves.






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NAME RECOGNITION
For a place tag that moonlights as dessert, Matthew bought peanut butter cups covered in white chocolate at a candy store. Then he used a dab of melted white chocolate (or smooth peanut butter) to attach an icing flower (available in the cake decorating aisle of crafts stores or at *wilton.com*). Small pennants cut from scrapbook paper and speared with toothpicks provide the ID.

How does Matthew dye eggs? It's easy: He doesn't. He paints them with acrylic paints to get stronger, waterproof colors. To make, hollow out raw eggs by poking a small hole in one end with a wooden skewer. Push it back and forth a few times to break the yolk. Push the skewer through the other side, then pull it out and the raw egg should fall out, too. Rinse, let dry, then brush on acrylic paint.

For buying information see page 259.



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toyota.com/sienna



reality check

Serious doesn't cut it for this color-happy mom. Her home is a place to embrace real life (messes and all!).

by JODY GARLOCK photos KIP DAWKINS produced by SANDRA MOHLMANN

NATURAL FIT
A wraparound porch with rockers extends the living (and run-around) space in Jenny and Joe Keenan's Charleston-area cottage.





BASKETS ARE A RUNNING JOKE IN JENNY KEENAN'S HOME. "MY HUSBAND CALLS US A FAMILY OF BASKETS," SHE SAYS. IN THE DINING ROOM, living room, bedrooms, hallways, and the porch, baskets are loaded with toys and books for the couple's kids, Jay and Lily. "They just pour everything out, and when they're done playing, everything goes right back in," says Jenny, an interior designer. "I love things to be beautiful and look perfect, but that's just not realistic. Baskets are a pretty and practical way to sort of have it both ways."

Having it both ways is something Jenny has mastered. Her Mount Pleasant, South Carolina, home is a comfortable reflection of her personal style—she's partial to pastels and girly things—and the reality of two kids and a big black Lab, Grady. "I wanted a home that was playful and comfortable but that was still pretty under it all," she says.

For Jenny, that meant adding splashes of unexpected color—pinks, and reds—with the watery blues and greens she loves. "Color has always made me so happy, and I want my kids to feel happy, too," she says. "And I don't want anything to be too serious or formal."

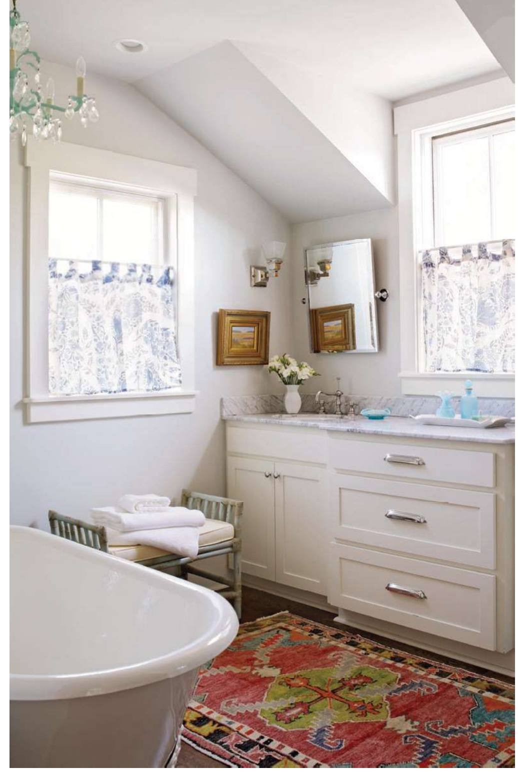
The open kitchen, dining room, and living room fit with that informality.

SELF EXPRESSION The tapestry above the mantel, *above*, brings a youthful energy to the living room. "We tried a million different pieces of art, but they just seemed expected," Jenny says. "This says what our home is about."



DOUBLE PLAY
The rug-free dining area is primarily a play space, especially for wheeled toys. The Swedish clock reflects Jenny's fun style. "I feel like it has a personality of its own," she says.

"Everything happens in this one area," Jenny says. When she's scraping Play-Doh off the kitchen island or her husband, Joe, is flipping the Saturday morning pancakes, they can still keep tabs on the kids coloring at the coffee table or rummaging through a basket. After dinner, there's always a beeline to the living room. "Every night we're piled on the sofa," Jenny says. "I wanted a big comfy sofa that you can't hurt. Nothing can really get hurt in this house. It's about kids and real living."



FANCY THAT Chandeliers dress up the master bath, *above*, and Lily's bedroom, *below right*. "I like every space to have a bit of whimsy," Jenny says. **SURPRISE ITEMS** Mismatched seating (the round stool is Jay's) and an ethnic rug, *below left*, are fun touches in the kitchen.







WORKING IT "I wanted a little feminine space of my own," Jenny says of the office built in at the end of the upstairs hallway. Floral wallpaper and a spray-painted bamboo chair set it off as "her" space.



"The master bedroom is our retreat, not so much from the kids but with the kids. We snuggle, read, have pillow fights. We couldn't live without a king-size bed."
—JENNY KEENAN

HIS AND HERS
Antique mirrored stars glam up the master bedroom. "They're graphic and add a bit of romance," Jenny says. The retro-looking ceiling fan was Joe's must-have (and practical) item.

For buying information see page 259.


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hyacinth purple

is the new darling of trend watchers. We say its friendly, refreshing tones have always made it a great choice for interiors.

BROAD STROKES
WHISPER
Give an all-white bathroom a lift with a refreshing coat of pale lavender. Winter Ice 620C-1; behr.com

SMALL STROKES
IRIS
Modernize an accent chair with this updated take on periwinkle. Fresh Hyacinth GLB 12; glidden.com

MEDIUM STROKES
HEATHER
A small dose of gray tones down this purple; it's perfect for an accent wall in a bedroom. Spring Lilac 345-4; pittsburghpaints.com

BROAD STROKES
WISTERIA
Think of this as an alternative to quiet blue; try it in a living room. Lavender Escape 4002-7B; valspar.com

SMALL STROKES
SHADOW
A hint of blue makes this color an elegant accent in a soft yellow room. Purple Discernment BHG 212; bhglivebetter.com

BY: JOANNA LINBERG; PHOTO: MARTY BALDWIN; PRODUCED BY: JESSICA THOMAS; MARKET EDITOR: APRIL HARDWICK

Hyacinth purple

Cool, clean white keeps this hue crisp and casual.





Rectangular Baker in lilac, $30; **surlatable.com** Floral Toss Pillow by Liberty of London, $17; **target.com** Ikat Dinnerware, $89 for four-piece setting; **wedgwoodusa.com** Apple, Lotus, and Double Lobed mini vases, $18 each; **middlekingdomporcelain.com** Vine Stripe pillowcase, $30 for 2, and Pom Pom comforter cover, $89; **garnethill.com**



purple power

Sara Story is here to change your mind about purple. "It's not feminine like pink. It's a statement of adventure and intrigue," the New York-based interior designer says. Her tips will take you from cautious to confident.

PREP SESSION
Test the waters by adding hits of hyacinth—as an accent wall, an accessory, or one standout pillow—to a room full of subtle, neutral patterns and textures.

TONE OF CHOICE
"I do prefer purples that move more toward a blue hue than mauve or pink," says Story. "Purple with a touch of blue can be energizing." (Want a safe bet? All the paint picks on *page 43* contain some blue.)

GO FOR BOLD
Story recently painted a dining room ceiling with semigloss purple (Pratt & Lambert Secret 1073). It was a gutsy move, but totally worth it. "It's one of my favorite design decisions!" she says.

PHOTOS: (PORTRAIT) ANN BILLINGSLEY; (ROOM) ERIC LAIGNEL



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media circus

Giant screens, hi-def movies, and video games that get your groove on—staying home is more fun than ever. Here's how to keep all that gear from taking over your living room.

by AMY PANOS
photos CAMERON SADEGHPOUR
styling JENI WRIGHT

MAKE THE CUT
The first step to taming the circus is to realize the space around the TV is finite. Save it for your most often-used media and put the overflow in out-of-the-way storage (in a labeled bin under the bed or a back-of-door media rack). As your kids outgrow movies and games, swap them with friends or online at sites such as *swaptree.com*, *swapadvd.com*, or *bookins.com*.



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kids & screen time

Dr. Dimitri Christakis is an expert on the effects of media on kids' health and development at Seattle Children's Hospital. Here are his tips for managing kids' media consumption.

Limit total screen time (including TV, movies, and gaming) to no more than two hours per day. Less is better. And no TV at all for children under 2.

Turn off the TV when a chosen program is over and during meals. Avoid having it on as background noise.

Keep TVs out of bedrooms.

Plan media-free days when the TV stays off. Stock plenty of non-media activities in the same room as the TV.

Avoid using TV time as a reward.

Watch with your children and talk about what you see.

OPEN TO FUN Stow bulky gaming gear (balance boards, guitars, etc.) in a storage ottoman. Look for a lined interior and a slow-release hinge that won't pinch little fingers. Nest divided storage containers inside for smaller accessories.

BOXED SET No matter how carefully you alphabetize your movie collection, a bunch of cases on the shelf looks cluttered. Instead, store discs in boxes that look good *and* keep things organized. Set up separate boxes for kids' movies, mom and dad's movies, and video games. Label them so discs get put back in the right spots.
Stockholm DVD box, $13, containerstore.com





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REMOTE LOCATIONS Give your remote controls good homes and they'll be less likely to wander. Try a shallow tray for gaming remotes and the console, *above left*, and a flatware caddy for TV and DVD player remotes, *left*. Most important: Train everybody to put remotes back in their homes—and nowhere else—when they're not in use.

BE PREPARED Who wants to halt a hot game of Wii bowling to hunt down a new battery? Gather necessities—extra batteries, a disc-cleaning kit, and microfiber cloths for dusting the TV screen—and store them right where they're used, *above*. Keep disinfecting wipes in the basket and give remotes a weekly once-over.

Get 10 easy ideas for outfitting a TV armoire at *BHG.com/mediacenter*

More ways to take control of your home entertainment gear

Include some old-school games with your tech. Use kitchen canisters for games with little pieces.



Oxo SoftWorks POP containers, $11 and $17; Target

Do more with fewer black boxes. This game console also plays DVDs, Blu-Ray, and streams Netflix.



PlayStation 3, $299; playstation.com for stores

A saddle that fits over a chair arm keeps video games and controls close. Folds into a carrying case.



KangaRoom gamer pocket, $20; kangaroomstorage.com

Tame cord chaos—thread them through the flexible tube (in white or black). Color-code the plugs.



Cord control kit, $15; colored labels, $4; containerstore.com

Store hundreds of DVDs, sans cases, in a few inches. Tuck discs in sleeves; load pages in three-ring binder.



240-disc capacity CD ProSleeve pages, $20; caselogic.com

For buying information see page 259.



Nearly

1 in 4 children

in America don't know where their next meal is coming from.

That's 17 million children who need our help!

In every neighborhood families are struggling to put enough nutritious food on the table for their children. Each day they may be faced with a choice between paying medical bills or utilities and providing food. As parents, we can only imagine how that would feel.

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CHILD HUNGER ENDS HERE℠



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Visit www.ChildHungerEndsHere.com to get ideas and tips on how to organize your event and make a difference in your neighborhood. Everyone who registers will get a free toolkit to help make the neighborhood rally a success for hungry kids! You'll also find information on other simple ways to support Feeding America.

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We're taking action. The ConAgra Foods Foundation has made a $10 million commitment to Feeding America over the next five years. With this contribution, ConAgra Foods has become Feeding America's Leadership Partner in the Fight Against Child Hunger.

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FEEDING AMERICA



*Monetary equivalent up to 2.5 million meals provided through the Feeding America network of food banks for purchases made through 5/31/10.



A framed magazine cover hanging in the kitchen, *this photo*, is from a 1930s issue featuring the home. Today, the original structure (painted white) has a new, red addition designed for modern-day living, *opposite*.

little house near the big woods

AN ADDITION MAKES THIS ONCE-SMALL HOUSE A BETTER FIT FOR A GROWING FAMILY.

by SHAWN GILLIAM photos KIM CORNELISON styling JESSICA THOMAS


2205

“Neighbor” took on new meaning for Christine Albertsson and Todd Hansen once they moved into their house by a wooded creek. Warblers, owls, and woodpeckers come knocking just about every day.



A lush wooded lot and nearby creek in the city sold the couple on this rare Minneapolis find, but the house wasn’t always this tuned in to its surroundings. Key rooms, such as the cramped kitchen, weren’t oriented toward the view, and there was no way to easily reach the backyard. It took three years for Christine and Todd, both architects, to come up with a plan: an addition in keeping with the home’s modest size and style yet meeting the practical needs of the couple and their young children, August and Eva. “Finally, we were talking with our friends,” Christine recalls. “And we said, ‘We can’t really project way out into the back—that would be crazy.’ And our friends said, ‘Yes, you can—that would be really cool.’ ”

The original 1,200-square-foot home and adjoining 1,100-square-foot, three-level addition with a new kitchen, master suite, playroom, and deck quietly tuck into the woods. The couple took every opportunity for windows to capture views. Inside, rooms serve more than one purpose, and comfort trumps formality. “After we remodeled, we got lighter-weight furniture, so we can move everything out of the way and lie on the floor, stretch out, and play games,” Todd says.

Slipcovered pieces weather lots of play from the children. “We’re pretty lax about them jumping on the sofa,” Christine says with a laugh. The living room opens to the kitchen, so Todd, the cook in the family, is always close to the action. Late spring, most meals move outdoors, either to the downstairs deck or to the screen porch. “Being on the porch is special,” Christine says. “Eva and I sleep on an air mattress when the weather permits. You can feel the air moving and hear every sound. We’re so happy to be part of an urban community yet connected to the day-to-day wonders of nature.”



The heart of the Albertsson-Hansen home is the living room, where the family hangs out and the kids do their homework. Christine’s Swedish roots are reflected in brightly colored fabrics against all-white walls, which keeps the look lively, especially important during dark Minnesota winters.


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The screen porch, previously an unfinished space, now glistens with glossy white paint from floor to ceiling. When the weather is mild, the porch becomes outdoor living space, starting in the morning with coffee and sometimes ending with late-night poker games with friends.





Every compact room makes full use of its space. *Clockwise from top left:* The upstairs office was once a bedroom too tiny to use as such. A piano from Christine's parents anchors the music room, which doubles as the library. The lower-level playroom also serves as a guest room with daybeds and a back door that opens to a patio. The shower in the master bath was designed so that water won't spray beyond the enclosure.



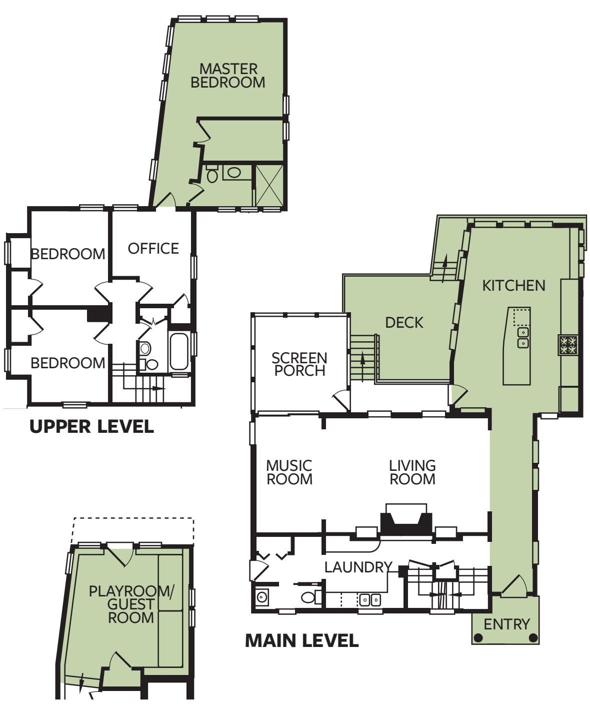


A new entry hall leads to the window-wrapped kitchen, *below*. The home's only indoor dining space is a table in the kitchen that serves all occasions. A tall window-backed cabinet boosts sunlight and holds Christine's collection of colorful glass. The kitchen's efficient work zone features a window next to the refrigerator that offers peeks of the front garden.









NATURAL INSTINCTS

The potential for a knockout view drew architects Christine Albertsson and Todd Hansen to their home. But as it was, the 1920s cottage barely took advantage of its site. And at 1,200 square feet, the house was on the small side for their growing family. The couple designed the renovation to preserve the home's cozy scale of rooms and maintain its charming features. The new 1,100-square-foot wing houses an eat-in kitchen on the main level (see plan, *left*), a playroom on the lower level, and an upper-level master suite—all with views of the nearby creek. The architects played up the original home's Colonial style and made the addition resemble a red barn. "That wasn't the idea from the outset, but we thought, 'Wouldn't that be fun?'" Todd says. On the main level, a new entry hall unites the two structures with a front porch and door that now face the street instead of the house next door.

For buying information see page 259.



The deck conveniently sits a few steps down from the kitchen, housed in the red addition. Comfy low-slung chairs make the space ideal for drinks before dinner on the screen porch.

open pantry

Don't have a true pantry? Create well-ordered kitchen storage in found pockets of space.



by ALICIA WARDEN photos JOHN GRANEN styling JANNA LUFKIN

Use what you have

Every available nook and surface offers out-in-the-open storage potential. Use the ideas here to make your kitchen more attractive and efficient.

KITCHEN CART

A simple island or cart with shelves adds storage space to a modest-size kitchen. This one has a rail around the bottom shelf to keep things in place, and the handles are perfect for dish towels or S-hooks to hold utensils. Flytta kitchen cart, $159; Ikea stores; **ikea.com**

ON THE COUNTER

Collect utensil holders and spice containers on old baking dishes or serving trays to keep counters tidy.

CLOSE AT HAND

Prep and serving pieces you reach for most often should be stowed in an accessible spot. Stack them neatly on an island shelf, for example.

Please see next page for important product information.



BREAKFAST BOX

A bread box holds bread, peanut butter, and sandwich bags in one place for a quick breakfast or easy lunch-packing on busy mornings. Box similar to one shown: Polder Retro Bin, $40; polderstore.com

CLEANUP TIME

Keep clean dish towels in an open bin so you'll always have one at the ready. If you have space, use another bin to collect and tote dirty towels to the laundry room.

FRESH FOODS

Bananas, onions, potatoes, and tomatoes you'll use fairly quickly can be stored at room temperature rather than in the refrigerator. Choose containers that allow air to circulate, such as bins without lids, or baskets.

DRY GOODS

Store staples such as flour, oatmeal, rice, and beans in canisters with tight seals. Clear containers make it easy to see what you have and when it's time to replenish.

For buying information see page 259.



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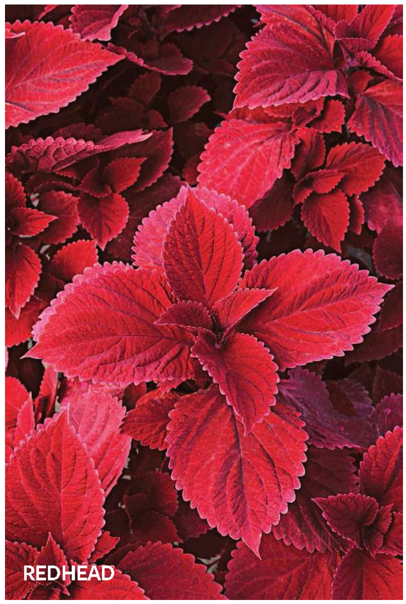

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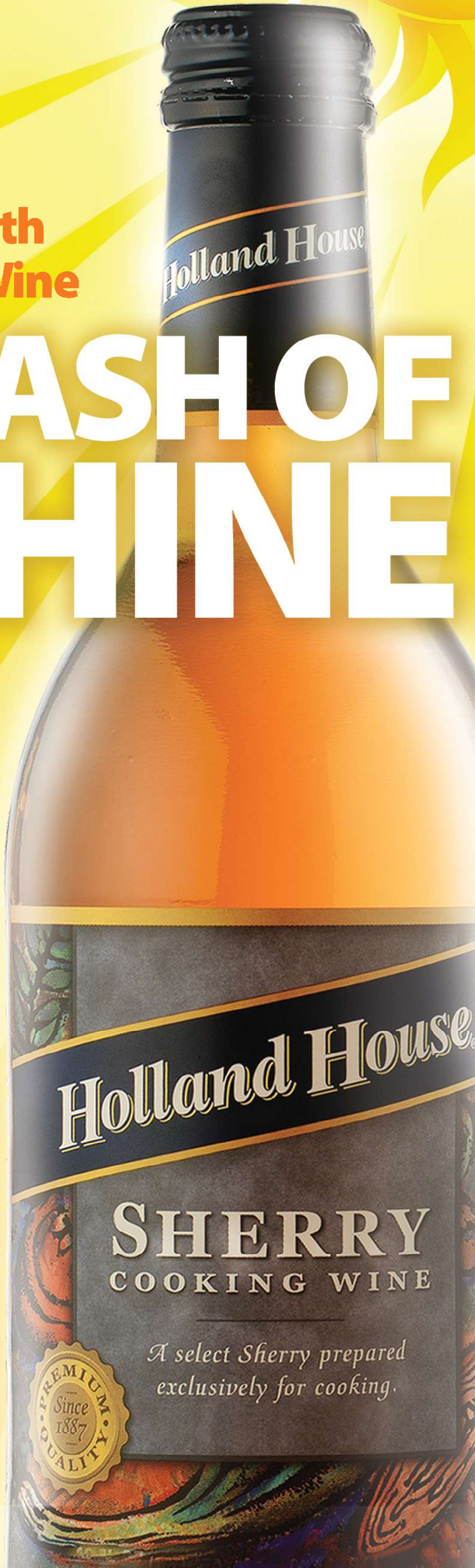

MINT MOCHA

TO ORDER THE COLORFUL COLEUS COLLECTION, ITEM MM955118, CALL WHITE FLOWER FARM, 800/420-2852, or visit *readershopping.com.* Please order early; quantities are limited. Ships in 3-inch pots from mid-April through June. Sorry, we are unable to ship to APO/FPO addresses, or addresses outside the contiguous United States.

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Brighten Up Any Recipe with Holland House® Cooking Wine

ADD A DASH OF SUNSHINE



GLAZED HAM WITH SHERRY-ORANGE DIJON SAUCE

Brown Sugar Glaze

5 lb.	hickory smoked ham*
1/2	cup packed light brown sugar
2	Tbsp. Holland House® Sherry Cooking Wine

Sherry-Orange Dijon Sauce

1/2	cup packed light brown sugar
1	Tbsp. cornstarch
2	whole cloves
dash	ground nutmeg
2	Tbsp. Dijon-style mustard
1/2	cup Holland House® Sherry Cooking Wine
1/2	cup orange juice
1/3	cup golden raisins or dried cherries
1	tsp. grated orange peel (optional)

Preheat oven to 350° F. Place ham in a roasting pan. In a small bowl, stir together 1/2 cup brown sugar and 2 tablespoons Holland House® Sherry Cooking Wine. Brush half the glaze over the ham. Roast ham uncovered approximately 20 minutes per pound or until internal temperature is 160° F. See ham wrapper for precise cooking time and temperature; directions may vary. Brush remaining glaze over ham halfway through cooking time.

For Sherry-Orange Dijon Sauce, combine 1/2 cup brown sugar, cornstarch, cloves and nutmeg in a 1-quart saucepan. Stir to remove lumps. Stir in mustard until mixture is a smooth paste. Gradually stir in Holland House® Sherry Cooking Wine and orange juice. Add raisins.

Cook sauce over medium-high heat, stirring frequently, until mixture boils. Reduce heat and boil gently 3 to 5 minutes. Serve sauce with sliced ham.

Serves 8

* Notes: For an 8-10 pound ham, double the ingredients for the glaze and sauce. Sherry-Orange Dijon Sauce may be made a day ahead and refrigerated; reheat before serving.

Holland House® Cooking Wine is also available in White, Marsala, Red, Vermouth and White with Lemon flavor.

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bolt of genius

Can an old cottage learn new tricks? A design pro shares her secrets for unifying an odd layout with color, fabrics, and clutter-concealing furniture.

by **SHARON OVERTON** photos **JAMES CARRIERE** styling **MICHAEL WALTERS**



Sue Schwarzgruber (pictured) worked with designer Jeannie Fraise to turn her awkward living room into a family haven.

Sue Schwarzgruber fell in love with the natural light in this cute 1920s cottage, which she shares with her husband, John Rogers, and their children, Kelly and Elizabeth. But the awkward L-shape living area had her stumped. "I just couldn't wrap my head around how to make this a cohesive room," she says. Designer Jeannie Fraise served up six smart solutions.

1. call it curtains

Stationary curtain panels subtly define the enclosed porch as a reading nook. "It literally transformed the space," Sue says.

2. unite colors

A bright palette of raspberry red and pear green links the separate seating areas and gives the family's traditional furnishings a fresh, modern twist. Larger pieces, such as the sofa, coffee table, and rug, are pale neutrals to balance the bolder hues.

3. layer on pattern

When it comes to the number of fabrics in a room—or on an upholstered chair, for that matter—the more the merrier, Fraise thinks. Her advice: Stick with unfussy prints that feature one color on a white or ivory background and "leave some big solid places"—the sofa or neutral woven blinds—for the eye to rest.







4. tuck it away

An antique Swedish secretary gives Sue an attractive place to sort mail and organize her day. She stashes a laptop computer in the drawer below the fold-down desk and a small printer behind closed doors above. “When I’m not using the desk, I close it up and turn the chair around for extra seating,” she says.



5. manage clutter

Because the cottage lacked a foyer or entry closet, John built sturdy plywood shelves and Fraise designed a pretty skirt that can conceal shoes and boots, as well as baskets for hats, camera equipment, and games. A glass top makes cleaning easy.

6. be distinct

Fraise lined the stationary curtains with a contrasting pattern to give each “room” definition.

For buying information see page 259.



Go Online

love this room?

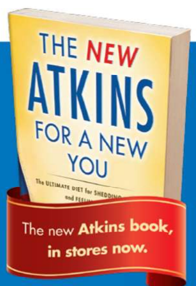
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TOO MUCH SUGAR AND OTHER REFINED CARBOHYDRATES ARE BAD NEWS FOR YOUR BLOOD SUGAR.

It's no coincidence that America's increase in diabetes is directly tied to increases in per capita sugar consumption. So first, find where sugar is hiding – then, work to reduce your own sugar consumption. You'll reduce your diabetes risk, and enjoy a slimmer waistline too.



WHAT ABOUT NATURAL SUGARS?

Fruits, starchy vegetables and some dairy products (like milk), contain naturally occurring – or integral – sugars. It may be natural, but whether natural or manufactured, too much sugar is a problem.

HOW TO SPOT SNEAKY SUGARS.

Sugar in food products goes under a number of aliases. So look at the label. If you see glucose, fructose, sucrose, corn syrup, molasses, honey, dextrose, sorghum, lactose, maltose, galactose, concentrated grape juice or even the healthy-sounding organic evaporated cane juice listed, it's all still sugar. And watch out for the worst offender of all—high-fructose corn syrup. Research has shown that this cheaply manufactured sweetener goes directly to your liver, where it is stored primarily as fat.

For more information on sugar, pick up *The New Atkins for a New You* or visit **atkins.com**

IT'S A PROVEN FACT:

Diabetes is growing in America at alarming rates. And according to the authors of the latest Atkins book—*The New Atkins for a New You*—a major contributor to this rise is the increase in sugar consumption. It's not surprising that we're eating more sugar in America than ever before—sugars are everywhere, even in foods marketed as "healthy."

JUST TAKE A LOOK AT SOME OF THE UNEXPECTED PLACES SUGAR IS HIDING:

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- 38 grams – Yogurt parfait with fruit

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BETTER THAN NEW
An old workbench becomes a gathering spot for Lisa Bates, second from right, and her friends Janet Blair Franco, Paige Darrow, and Leslie DiCarlo. Lisa sanded the table and added a coat of whitewash. Casters elevate it to counter height.



by KATHY BARNES photos MICHAEL PARTENIO produced by DONNA TALLEY

living history

There's nothing stuffy about this century-old kitchen. It now handles modern-day cooking and entertaining with ease.

As Lisa Bates walked through the 1910 home in Saratoga Springs, New York, she found it friendly and comfortable. But it was the kitchen that had her at "hello!"

"Imagine it: original paint, rough-hewn cabinets built into the wall, original wood flooring. It was nearly 100 years old, and it was a mess," says Lisa. "My heart skipped a beat. I knew I'd found my home." She felt lucky to have these vintage features as her inspiration when remaking the space into one that would be ideal for entertaining.

Lisa, a designer and professional house remodeler, retained the kitchen's classic looks by keeping the best of what she had—the floors and the cabinets with their recessed paneled doors. She held her budget in check by working around fixed items such as plumbing, doors, and windows. From there, she chose materials to complement the original look while gently updating it. For example, white subway tile, a standard in turn-of-the-century kitchens, covers the range wall. "Tiling to the ceiling is a good solution when you can't find a natural place to end the tile," she says. "The look is simple, and the surface is easy to clean." New custom cabinets with slab drawer fronts seamlessly fill in for missing or damaged cabinets on the range wall and next to the sink.

But it's the kitchen table—a workbench in a former life—that gives the room its personality. Lisa's friends gather around here, trading stories about children, spouses, and their own design adventures. "The kitchen is the heart of the home, but good friends are its soul," says Lisa.



"You can mix old and new things for a great look. I prefer to dull down new finishes. Honing the marble countertop knocks off the shine and makes it look original to the kitchen."

LISA BATES





SMART STYLE The ceramic farmhouse sink from Ikea, *opposite*, was a bargain at $300. Surrounding the refrigerator with cabinetry gives it the look of a more expensive built-in unit.

CREATIVE STORAGE Lisa uses a vintage meat hook from a butcher shop as a pot rack, *far left*.

CLASSIC CASE New latches and a fresh coat of paint update original cabinets, *left*.

For buying information see page 259.


Fibromyalgia. It's what I have. Not who I am.



Cymbalta can help lessen your fibromyalgia pain.

When you have fibromyalgia, you live with chronic widespread pain and tenderness. Some days it can feel like fibromyalgia pain overwhelms you. Wouldn't you like to live with less pain? Maybe then, you could get back to more of the things you want to do.

There is good news. Cymbalta is a non-narcotic treatment that's FDA-approved for the management of fibromyalgia pain.

When taken only once a day, every day, Cymbalta can help you lessen your fibromyalgia pain. You may begin to function better and feel better. As with any medicine, individual results may vary.

What would you do with less fibromyalgia pain? Ask your doctor about Cymbalta.

Visit **cymbalta.com** to learn more.

Fibromyalgia is painful. Cymbalta can help.

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Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. You should not take Cymbalta if you have recently taken a type of antidepressant called an MAOI or Mellaril® (thioridazine) or have uncontrolled glaucoma (increased eye pressure).

Talk to your doctor about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes. Severe liver problems, sometimes fatal, have been reported so talk to your doctor if you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta. Tell your doctor about your alcohol use and discuss all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles. Discuss if you are taking NSAID pain relievers, aspirin or blood thinners because use with Cymbalta may increase bleeding risk. Consult your doctor before stopping Cymbalta or changing your dose. Dizziness or fainting may occur upon standing. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta. Tell your doctor if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels. Tell your doctor if you develop problems with urine flow while taking Cymbalta and if you are pregnant or nursing.

The most common side effects of Cymbalta include nausea, dry mouth, constipation, decreased appetite and sleepiness. This is not a complete list of side effects. Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional Important Safety Information, including Boxed Warning.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

PPA Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available.
Visit www.pparx.org or call 1-888-4PPA-NOW.

Lilly

Information For Patients About Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is fibromyalgia?

Fibromyalgia is a real disorder that may affect many areas of a person's life. It may make it harder to do daily activities. Fibromyalgia is characterized by chronic widespread pain and tenderness and may include other symptoms. The pain of fibromylagia may be unpredictable. You may feel pain that can affect different parts of your body and may be worse on some days than on others. Fibromyalgia occurs most often in women but can also affect men.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:
• You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.
• You have uncontrolled narrow-angle glaucoma (increased eye pressure).
• You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:
• About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
• If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
• About your alcohol use.
• If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
• If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
• If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
• If you are pregnant, plan to become pregnant or are nursing.
• If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
• About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
• If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
• If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

• Take Cymbalta exactly as directed by your healthcare provider.
• Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
• Cymbalta can be taken with or without food.
• If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
• Remember to refill your prescription before you run out of Cymbalta.
• Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

• In clinical studies of fibromyalgia, the most common side effect was nausea.
• Other common side effects included dry mouth, constipation, decreased appetite, sleepiness, increased sweating, and agitation.
This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

• Store Cymbalta at room temperature and out of the reach of children.
• Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
• Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
• If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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winning entry

This small addition succeeds on several fronts: It's a welcoming entrance, a stylish mudroom, and a spot to enjoy garden views.

by KIT SELZER photos JOHN BESSLER produced by STACY KUNSTEL



A NEW ANGLE
The most convenient place to enter this 1850s house is actually at the back. Owners Julie and Tom Fergus added a new entry, set on the diagonal and set off by lush plantings.

As often happens with owners of old houses, Julie and Tom Fergus never used the front door of their home in Wolfeboro Falls, New Hampshire. "It just wasn't convenient because the driveway goes to the back of the house," Julie says. That's where they found the perfect spot for their new entry—the corner where the walls of their living room and dining room meet. Instead of simply cutting a hole for a doorway, the couple added on a mini room that improves the look and function of their house. The 9×10-foot space also solved drainage problems caused by rain.

The Ferguses started at the top—positioning the pitch of the addition's roof just below an upper-level window, which eliminated the need for major reconstruction to the existing exterior. "We didn't want a flat roof because of the water," says Julie, so a gabled roof design directs rain away from the house and the new entry door.


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HIGH SIGNS Tucked into the ceiling's peak, *left*, a vintage brass-rimmed porthole embellished with an old gear stands in as a decorative window.

NO-MESS MUDROOM Julie outfitted the entry for coat-check duty. She found the white cabinet, *below*, which features locker-style compartments, at an auction and thinks it may have come from a kitchen.



Inside, the roof angles translate into a zigzag ceiling that's 9 feet at its highest point and sheathed in fiberboard and wood strips. (Because of its weight and the mess of mudding and sanding, "drywall was going to be a nightmare to install," Julie says.) The windows in the new walls were $80 salvaged finds, and the paneled door came from another part of the house. Bought for about $10, the old screen door is a nostalgic touch.

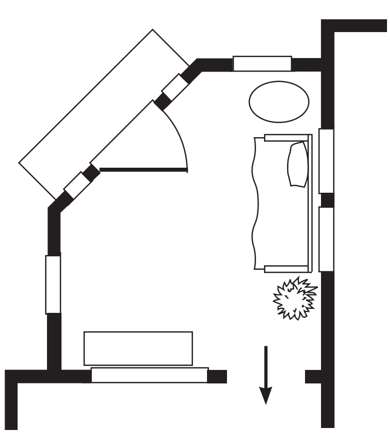
The entry works hard, corralling shoes and coats, but with its painted bench and decorative accessories, it's also a pleasant spot to sit and enjoy the welcoming view—inside and out.



320
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FROM THE OUTSIDE IN
The original windows and walls were left alone; careful installation and a fresh coat of paint ensure that the addition's new clapboard walls are a perfect match. Antique shutters complete the exterior look, while Victorian railing parts serve as wall art.

entry points

As the owner of an interior design and remodeling firm, Julie Fergus solves space-planning issues and decorating dilemmas on a daily basis. For her own entry project, she followed these tried-and-true strategies.

BEAT THE BUDGET Julie continually asked herself, "Where can I cut costs?" For example, she knew she wanted a round window but didn't want to spend $600. The antique porthole she bought for $200 met her needs and gave her a conversation piece. And unlike a standard round window, she says, "you can even open it."

THINK PRACTICALLY "So often people just focus on what a room is going to look like," Julie says. "You have to think of how it's really going to function every day." For her closetless mudroom/entry, that meant having hidden and out-in-the-open spots to hang coats.

STAY FOCUSED Julie was sure a gabled roof was best for the addition, and though its execution proved to be tricky, she's glad she persevered. "If you think something is really important, you have to stay with it and make it work. You might just have to think of it in a different way," she says.

ENJOY THE EXTRAS Before the entry project, Julie had only hostas along the side of the house. Because the addition helped redirect rain runoff, she could expand her plantings to create a colorful landscape.

For buying information see page 259.



Spring is in the air. Allergies aren't far behind.

This time of year you go nose to nose with allergens every day, so maybe it's time to ask your doctor about options, like prescription SINGULAIR. Most allergy medicines block histamine. SINGULAIR works differently by blocking leukotrienes, an underlying cause of allergy symptoms. Just one SINGULAIR once a day is proven to help relieve indoor and outdoor allergy symptoms – without causing drowsiness. Ask your doctor about prescription SINGULAIR, a different way to treat allergies.

IMPORTANT SAFETY INFORMATION: Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-95.

A DIFFERENT WAY TO TREAT ALLERGIES

ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-95 or visit merck.com/merckhelps.

9628415

Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms**:

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

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spring fix-ups

with Danny Lipford



Danny is the host of the nationally syndicated show *Today's Homeowner with Danny Lipford* (dannylipford.com).

After this winter, you're probably more ready for spring than usual. Now is the perfect time to get your house ready for warm temperatures too. Kick off the season with three easy projects.

GUTTERS Cold weather can cause gutter seams to leak and fasteners to pop loose. A leaf blower works great for blasting out leaves. Finish by sealing leaks with gutter sealant and replacing loose spikes with gutter screws.

AIR CONDITIONER Get your central air conditioning system ready for summer by cleaning the condensation drain line. This small plastic pipe running from your AC unit outside is a magnet for algae and other gunk. To keep it from clogging, pour a cup of bleach through a funnel into the drain line's access hole (near the air handler unit inside your house), let it sit for 20 minutes, then flush the pipe with water.

WINDOW SCREENS Before you hang your screens, give them a good scrubbing. First lay four 2×4s on the ground to create a frame. Staple a sheet of plastic over it to make a homemade "tub." Fill it with warm soapy water, and use a soft scrub brush to gently clean both sides of each screen. Rinse screens with a hose and allow to dry.

Get more advice from Danny and submit your own questions at **BHG.com/dannylipford**

save energy now

MAXIMIZE YOUR WINDOW OF OPPORTUNITY

Tax credits and new products make this a great time for improving your home's energy efficiency. Here are five things you should know about upgrading for energy savings.



1 The government will help you pay for specific energy upgrades—but only until the end of this year.

Through 2010, you can claim a federal tax credit of 30 percent of the cost—up to $1,500—for new qualified windows, doors, roofs, insulation, water heaters, and heating and cooling systems. So, if you spend $5,000 (whether on one qualified product or total on several projects), you can claim the full amount of the $1,500 credit on your 2010 income tax form. (Tax credits for alternative equipment, such as solar panels, solar water heaters, and geothermal heat pumps, are available through 2016 and have no cap.)

Here are some tax-break scenarios.

- **INSULATION** Covering 1,000 square feet of attic space with R-19 fiberglass batt at 46 cents per square foot would cost $460; your tax credit would be $138.
- **GAS, OIL, OR PROPANE WATER HEATER** The tax credit covers both product and installation. If you pay $900 total, 30 percent of that is $270.
- **GAS, OIL, OR PROPANE FURNACE OR BOILER** You'll likely spend more than $5,000

continued on page 100

Want the details on the current energy tax credit (part of the Economic Stimulus package)? These two Web sites offer a good overview: Energy Star (*energystar.gov/taxcredits*) and Alliance to Save Energy (*ase.org/taxcredits*).

living green

CONSERVE ENERGY. LIVE HEALTHIER. SAVE MONEY.

PHOTOS: (WINDOW) MARTY BALDWIN; (SKY) VEER

EARTHGRAINS® BREAD NOW HAS ECO-GRAIN™ WHEAT.

WHAT IN TARNATION IS ECO-GRAIN™ WHEAT?



There's a lot of "eco" this and "eco" that these days. "Save Energy," "Buy Green," "Drive Less," "Hug a Tree." Some of it is hard to do, but some of it is surprisingly easy. That's why we want to tell you about Eco-Grain™ wheat.

THIS WHEAT COULD CHANGE THE WAY AMERICA FARMS.

The average American uses 137 pounds of flour annually. It takes millions of acres to grow all the grain we require. Which is why Eco-Grain™ wheat is so smart. Thanks to a more sustainable farming approach, Eco-Grain™ farmers conserve natural resources and use less fertilizer. These are the sorts of environmentally responsible things the world needs more of.

WHERE CAN YOU GET SOME OF THIS ECO-GRAIN™ WHEAT? YOU ASK.



Idaho, an odd place for a revolution.

Today, there are just a handful of family farms in Idaho that grow Eco-Grain™ wheat. And there's just one bread company baking with Eco-Grain™ wheat – EarthGrains Baking Companies.

Eco-Grain™ wheat currently accounts for 20% of the flour in our line of 100% Natural 24 oz. whole-grain breads, but as our sales grow, so will this percentage.

A DELICIOUS WAY FOR YOU TO HELP THE ENVIRONMENT.

The Eco-Grain™ movement is starting small, but with your help it won't stay that way. You see, if more wheat farmers see how well Eco-Grain™ wheat sells, they'll be more likely to grow it using these more sustainable farming methods. That's where you come in.



Can your turkey sandwich help save the Earth?

Now, you're probably going to the store anyway, so why not do a good deed while you're at it? By simply buying our tasty and wholesome EarthGrains® bread, you're supporting a way of farming that needs all the support it can get. And you could do it the next time you run out to buy milk, trash bags or hummus.

HELPING TO PRESERVE THE EARTH, ONE FIELD AT A TIME.

At EarthGrains Baking Companies, we're committed to making a real difference — one wheat field at a time. You can help, too — one sandwich at a time. The impact on the environment from Eco-Grain™ wheat so far has been small, but with lots of farmers growing it, the impact could be very big.

So, do the Earth a favor. Try a loaf of EarthGrains® bread and join the Eco-Grain™ movement at **earthgrains.com**



EARTHGRAINS® BREAD. NOW WITH ECO-GRAIN™ WHEAT.



You may be eligible for a federal tax credit on certain insulating window shades, like this one. The Duette Architella shade from Hunter Douglas (*hunterdouglas .com*) features a honeycomb-within-a-honeycomb design.

to replace your old furnace or boiler. You can include installation when figuring the tax credit, so you could receive the total $1,500 credit on this project alone.

• **WINDOWS** If each window costs $375, you could buy 14 windows to get back the maximum $1,500. Note: The tax credit doesn't cover installation.

Consult a tax expert before making major purchases, save all receipts, and get a Manufacturer's Certification Statement as proof of qualification for products you buy for tax credit purposes. Products installed in 2009 may be allowable, but specifications have become more stringent, so check models. Manufacturer Web sites and retailers are your best bets for identifying qualified products; look for the phrase "$1,500 tax credit."

2 Start with a complete picture of the energy your home is using.

Your best whole-house solution is an energy audit—an evaluation of your home's current energy performance and list of recommendations for improving it. Think of it this way: If you've got more than the sniffles, you go to the doctor for a diagnosis. The pain of your illness pushes you to get help. It's the same way with your house. When the pain of paying high utility bills and living in drafty rooms hurts enough, it's

> It's in your best interest to choose an energy auditor or rater who does not also sell home improvement products. Instead, take the results of your audit to a trusted retailer or contractor.

PHOTO: MARTY BALDWIN

time for a diagnosis and prescription.

A professional energy auditor (also known as a home energy rater) will evaluate the ductwork, insulation levels, and other aspects that affect home performance. The report not only pinpoints the source of the "pain" but also prioritizes recommended home energy upgrades to maximize the return on investment.

"We take a holistic approach to a house, looking not only at the individual components, but whether together they perform as they should," says Mark Cannella, principal partner of Pro Energy Consultants, a nationally franchised home energy auditing company (*proenergyconsultants.com*).

Some professional energy audits are simple visual inspections that identify costs and savings for upgrades appropriate for your home, and may be offered at a low cost by your local utility company or state energy office.

A comprehensive energy audit, which can cost about $500, includes the use of diagnostic tools. A blower door tests a home's airtightness, for example, and an infared camera detects insulation gaps and other inefficiencies. To find an energy auditor in your area, start with Energy Star (*energystar.gov*; click on Home Performance with Energy Star) or Building Performance Institute Inc. (*bpi.org*; click on Find a BPI Resource).

The most complete information will come from a pro, but you can also do your own evaluations. A basic home energy review uses an Internet-based tool or software program; your input produces generalized results that give some sense of your upgrade options. These organizations offer free surveys: Energy Star (*energystar.gov/yardstick*), Department of Energy (*http://hes.lbl.gov*; start by entering your zip code), and Alliance to Save Energy (*ase.org*; search for "home energy checkup"). You can also do your own walk-through to locate air leaks, evaluate heat loss through ceilings and walls, inspect heating and cooling equipment, and measure energy use. See *energysavers.gov*; click on "how to conduct your own audit."

3 Payback isn't the only indicator of whether you should upgrade.

Be realistic about the money you'll get back by making an energy upgrade. Though you're eligible for a tax credit



“For energy efficiency, the first thing to do is to seal the envelope of your home, the second is to insulate, and the third is to seal any leaky duct work.”

MARK CANNELLA, PRO ENERGY CONSULTANTS

Caulk that shrinks or cracks over time will allow air leaks and require repair work. Unlike acrylic caulk, GE Silicone II silicone caulk is flexible and waterproof (*caulkyourhome.com*).

by replacing your current windows or furnace, for example, the credit likely won’t be enough of an incentive on its own. You may not recoup all your costs in energy savings either. However, investing in good-quality, energy-smart products offers other benefits, with personal comfort topping the list. And if you were already considering a replacement product, the tax credit may provide an opportunity you don’t want to pass up.

4 The most effective upgrades aren’t always obvious.

Kevin Waldron couldn’t keep his three-bedroom home in Macedonia, Ohio, warm, and his monthly heating bill would peak at $250. “I was ready to spend $10,000 on new windows, as I was sure they were the source of all my heat loss,” he says. An energy audit found the biggest heat loss was actually due to poorly installed attic insulation. Now, Kevin will pay about $2,000 to redo it. “Since this improvement is a whole lot less than what I was planning on spending, it’s going to get done a lot quicker,” Kevin says. “If I had spent the $10,000 on new windows, my house would still have the same energy-efficiency problems because 90 percent of my problems are in the attic.”

5 Energy upgrades don’t have to be expensive.

Tax credits aside, a few simple upgrades can help you save energy, starting with insulating the attic hatch, if you have one. “An attic hatch is just quarter-inch plywood. It needs to be insulated,” says Cannella.

Other suggestions:

- Use caulk and weatherstripping around windows and doors.
- Replace your furnace filter.
- Install a programmable thermostat.
- Insulate your water heater with a special water heater blanket.
- Insulate electrical outlets and light switches with precut foam seals.

FAMILY SPOTLIGHT

comfort first



“In the winter, our utility bills were so high, we only turned up the heat for company. The rest of the time, we bundled up in sweaters,” says Elizabeth Babbin, who lives in a two-story stone Colonial in Bethlehem, Pennsylvania, with her husband, Doug, and their 4-year-old son, Leo. “Looking for answers, we tried online tools first, but the information didn’t apply to our situation. We really needed an expert to come in and evaluate our house.”

They got just that with Craig Arbaugh, owner of Residential Energy Solutions in southeastern Pennsylvania. A certified energy auditor, Arbaugh tested the Babbins’ home with a blower door and infrared camera. Then he documented his findings in a 30-page report that prioritized their energy improvement opportunities. But the benefit wasn’t just dollars and cents. “The other thing we found beneficial,” says Elizabeth, “was learning how to make our house more comfortable. That was something we just didn’t get with the online audit.”

At the Babbin house, Arbaugh estimated that sealing air gaps would cost $420 for an annual savings of $560, which would pay itself back in less than a year. Upgrading the floor and wall insulation in a room over the garage was estimated to cost $735 and save $270 annually for a payback period of about two and a half years. To repair and seal duct work would cost $572 for an annual savings of $440, and a payback period of a little more than one year. Comfort? Priceless.

To walk through one family’s energy audit step by step, see *BHG.com/energyaudits*

PHOTO: (CAULK) MARTY BALDWIN

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.



7:00AM
Ate breakfast and took Vyvanse.

12:00PM
Paid attention in class.

5:00PM
Kept my focus at practice.

8:00PM
Helped my sister with her homework.

CONSISTENTLY
Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Last Modified: 05/2009 VYV-01080

Shire



A Lilac That Reblooms

This spring we are excited to introduce the new reblooming lilac, "Bloomerang"™. Selected by our Garden Editor as a favorite pick for 2010, this powerful lilac will be covered in heavy clusters of purple-pink, sweetly scented blooms in May. The bush continues reblooming until the frost. Reaching just 4–5 feet tall, it's an excellent shrub for small spaces. Plant several together and create a fragrant hedge. They're ideal for cutting, because the blooms are abundant—plenty for inside and outside. Bloomerang lilacs are easy to grow in full sun and average soil. These long-lived shrubs are hardy in Zones 4–7. Plants are shipped in 5-inch pots mid-April through June. One plant sells for $19.95, or 3 plants for $55.95 plus shipping.

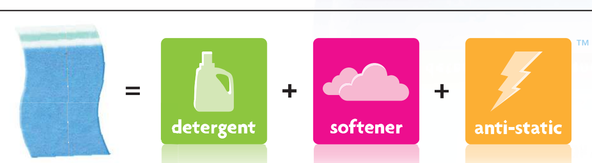


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GOOD HOUSEKEEPING

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corner on privacy

Streetside properties aren't known for seclusion, and this one was no exception—until some creative construction brought the privacy the owners craved.

by JASON MILLER
photos KRITSADA
producer REBECCA PALMER

For city dwellers living amid urban commotion, the path to serenity often leads indoors. But Brian Caldwell and Robert Shore, both avid gardeners, were determined to use their backyard to find their outer peace, despite the challenges of living on a busy corner.

"We needed privacy from the street," says Brian. "We knew we couldn't live here without a fence." Nor could they build one as tall as they needed, thanks to local building codes. So Brian and Robert devised a clever, attractive design to get the privacy they needed without breaking the rules.

First, they built a standard-height cypress fence. Then they installed a freestanding cedar trellis and arbor set just inside the fence, which doesn't violate code. With the enclosure in place, Brian and Robert can relax with friends in relative tranquillity on their furnished patio.

The space is sheltered from the sun by shade sails—overhead, triangular swaths of fabric that give visual flair. "We like a modern style, and the rest of the area has a certain Zen quality. The sails add to that fresh look," says Robert.



SERENITY IN STYLE Brian Caldwell and Robert Shore relax in the privacy created by their do-it-yourself trellis screen.





HOIST THE SAILS
Shade sails are refreshing alternatives to umbrellas. The corners of the triangular cloth panels are tied to posts, pergolas, or other structures. Outdoor-furnishing retailers carry them, and mail-order suppliers are easy to find online. Prices start at around $80.





THE BIG SCREEN Brian and Robert built a freestanding cedar trellis and arbor as a screen, *left*, set 12–14 inches inside the fence. From the outside the two appear as a single unit, *above*; climbing roses further screen the view. ***For a free, downloadable plan of a similar trellis, go to BHG.com/freetrellisplan.***





GREEN SPACE Within their garden sanctuary, Robert and Brian softened hardscaping with colorful, lush plantings. Here, the corner of their house is draped with the same climbing roses that adorn the trellis they built for seclusion. “The privacy created by the fence and trellises gives the entire space a calm, intimate atmosphere,” says Robert.

For buying information see page 259.

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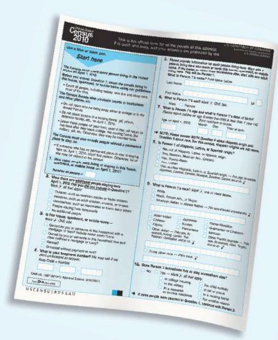
IT'S IN YOUR HANDS.

In March, Census forms will be delivered to residences throughout the United States – in fact, it may be in your mailbox today! When you receive it, take ten minutes to complete the form and mail it back in the postage-paid envelope provided. By doing so, you're helping to ensure your community gets its fair share of over $400 billion per year in Federal funding over the next ten years.

Your voice counts!

Your answers on the Census form help determine the needs of your community and can lead to improvements for things like:

- ☒ Education
- ☒ Healthcare
- ☒ Roads and transportation
- ☒ Job training programs
- ☒ Emergency services



You have no reason not to!

It's quick, it's easy, and it's confidential.

- ☒ The Census form is just ten questions and takes about ten minutes to fill out.
- ☒ The form is very simple.
- ☒ Your answers are completely confidential, protected by Federal law and cannot be shared with other government agencies.

For more information, visit www.2010census.gov.

United States Census 2010
IT'S IN OUR HANDS

Start here

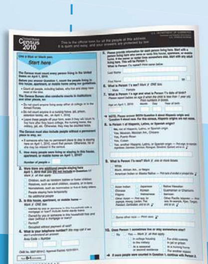
If we don't know how many

SCHOOL KIDS

there are, how do we know how many

CLASSROOMS

we need?



Fill out and mail back your Census form and help your community get its fair share of funding for the things it needs—like better schools, hospitals and roads. Look for your form in the mail.

WE CAN'T MOVE FORWARD UNTIL YOU MAIL IT BACK.

United States Census 2010

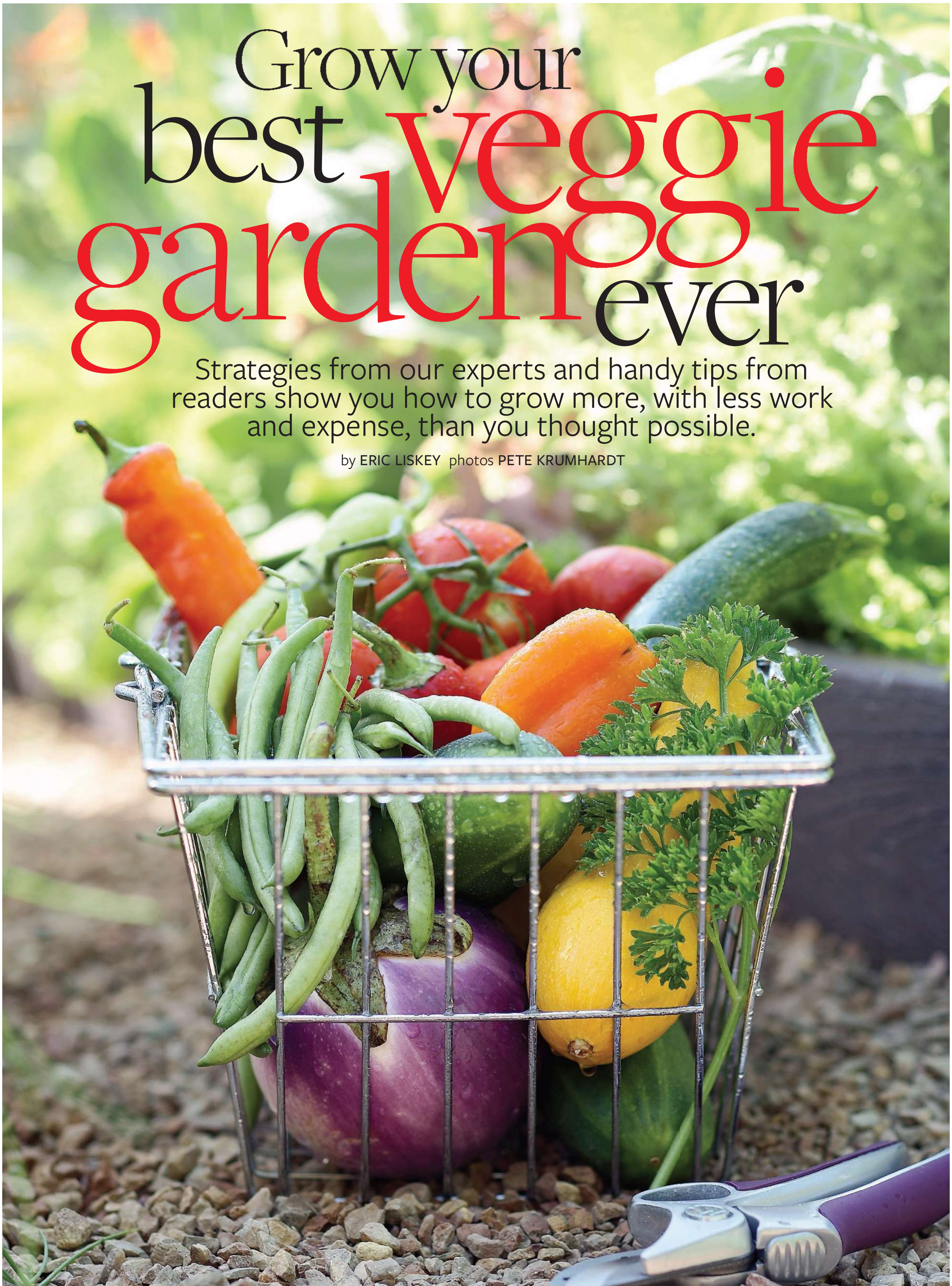
IT'S IN OUR HANDS

2010census.gov

Grow your best veggie garden ever

Strategies from our experts and handy tips from readers show you how to grow more, with less work and expense, than you thought possible.

by ERIC LISKEY photos PETE KRUMHARDT



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*Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil psyllium powder or capsules has at least 2.1 grams of this soluble fiber. Use as directed.



getting started

A great garden literally starts from the ground up. Instead of trying to improve difficult existing soil—a labor-intensive, long-term job—grow vegetables in top-quality soil.

BUILD RAISED BEDS Raised beds are simple frames 8–10 inches deep, staked to keep them in place. Wood or composite boards are the most popular materials for raised beds, but other materials such as cinderblock or landscape blocks will do. Build beds no wider than 4 feet, so you can reach all parts of it by leaning in from the edge.

ADD GOOD SOIL Fill beds with topsoil or "black dirt." Bagged soil is slightly more expensive than bulk soil, but hauling bags rather than wheelbarrows can be more practical, especially for smaller beds.

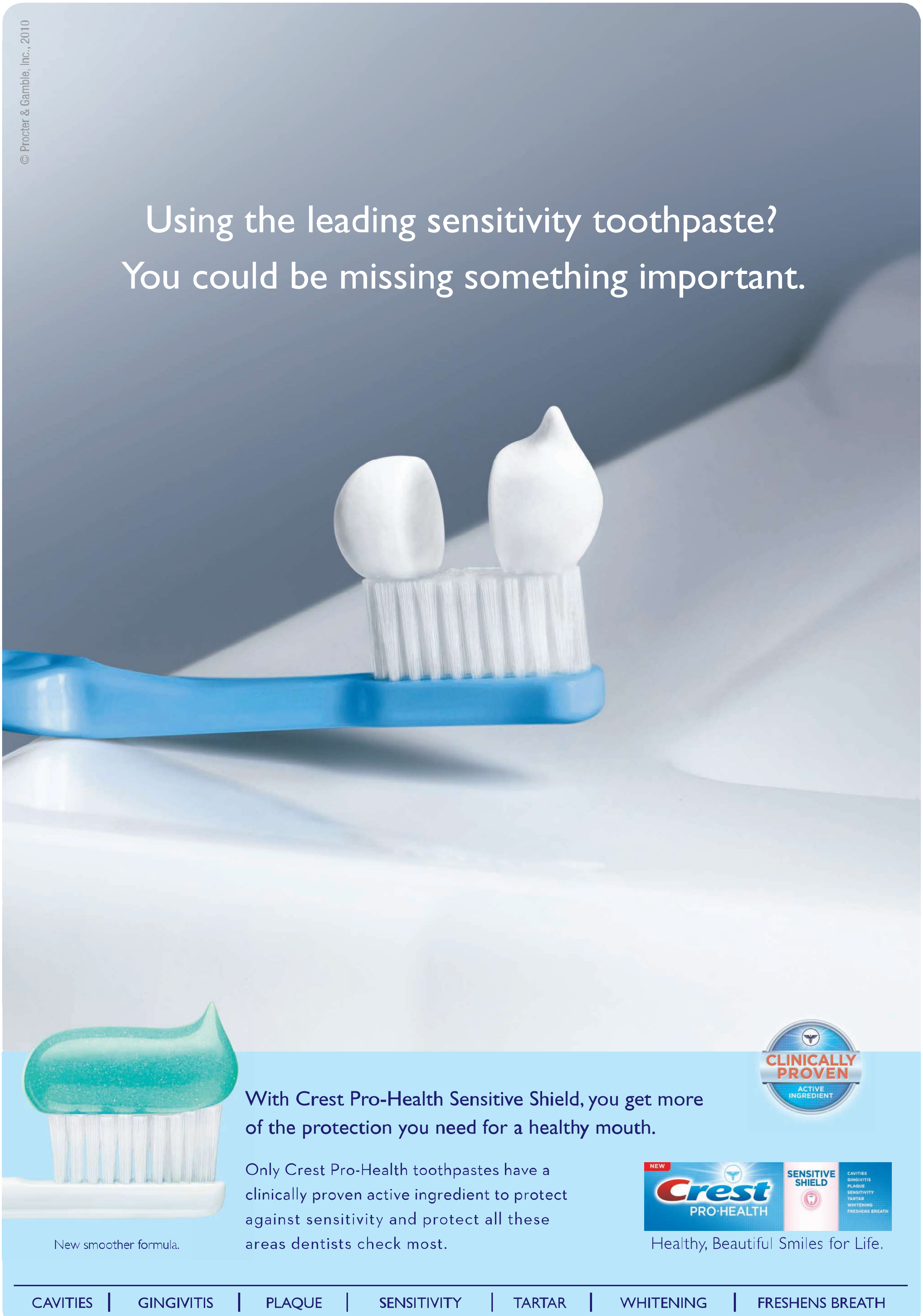
SELECT THE RIGHT SPOT Put beds where they'll receive full sun, and in a spot that isn't prone to standing water.

"When you make raised beds, be sure the spaces between them are wide enough to get a lawn mower through."

Reader Tip from Ann Pulley, Willow Springs, MO

Few things are more rewarding than bushels of delicious, homegrown vegetables. And few things are more disappointing than a garden that doesn't reward you with the bounty you were expecting. The difference? Good planning, and working smarter, not harder. In fact, a well-planned garden usually means less work in the long run, not more. Here are some tricks of the trade, including some tips from our readers, that will help you take your garden from "Oh well," to "Oh my!" without breaking your back, or the bank.

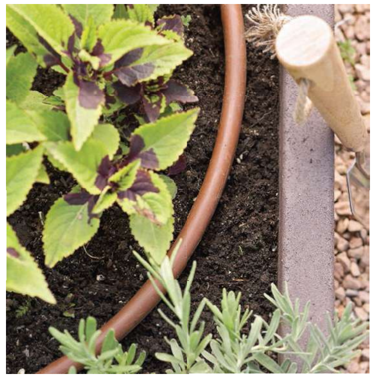



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food & water

Once you've gotten your garden planted in good soil (see next page for more about what to plant) a little TLC will bring it to fruition.

WATER CONSISTENTLY Avoid large swings from wet to dry and vice versa. The easiest way to maintain consistent moisture is with a drip irrigation system on a timer. Using a hose-end sprinkler to water is fine, too, but without a timer, you'll need to be very conscientious—don't let a badly wilted garden be the signal that it's time to water.



FERTILIZE REGULARLY Annual soil enrichment with composted manure provides all the fertilizer plants need. If you don't want the work of tilling, granular or liquid fertilizers are options.

> "Thick layers of organic mulch, like grass clippings, help conserve moisture and improve the soil over time."
>
> *Reader Tip from Lisa Gustavson, Rochester, NY*

pest & weed control

A well-cared-for garden often requires few or no pest controls, especially if you can tolerate minor or cosmetic damage.

WEEDS To reduce weeds, apply a mulch—ground leaves, grass clippings (that haven't been treated with chemicals), or compost. Bare ground will produce many more weeds. These can be controlled with cultivation, but it's much more work without mulch.

DISEASES To reduce diseases, grow crops in different parts of the garden each year, and avoid overcrowding so that air circulates well around plants.



INSECTS Flowers and aromatic herbs repel pests, and also attract birds and beneficial insects that eat pests. Caterpillars such as tomato hornworm and cabbage worms are easy to control with "Bt," a biological control.

Go Online

BHG.com/vegetables is your gateway to dozens of articles, plans, and how-to for great vegetable gardens. Learn about: ▪ Building raised beds ▪ New varieties ▪ Controlling pests ▪ Advice from other gardeners ▪ Great recipes for your fresh, homegrown produce

planning & planting

For a steadier harvest over a longer time, carefully choose and plant varieties with the following considerations in mind.

PLANT FOR THE SEASONS Take advantage of spring and fall, not just summer. These illustrations, *right*, show how it can be done.

USE FEWER OF MORE VARIETIES A wider range of vegetables will spread ripening over a longer time (and give you a more diverse diet).

STAGGER SOWING TIMES Plant crops with a single harvest, such as corn and beans, with two or three sowings, two weeks apart.

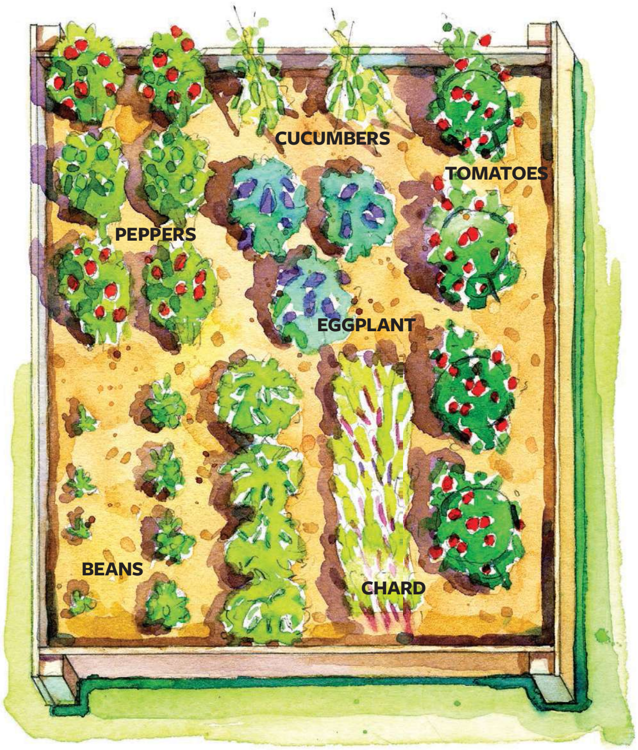
HARVEST EARLY Pick beans, eggplants, peppers, and greens before they reach their maximum, overmature size. You'll have less volume, but the vegetables will be much more tender and tasty.

For buying information see page 259.



ILLUSTRATIONS: GARY PALMER

spring As soon as soil is workable, plant cool-season crops. Sow radishes between other crops—they'll be ready for harvest in about 4 weeks, before other crops fill in.



summer After the last frost, pull cool-season crops and plant warm-season types. Chard tolerates heat, so leave it in for a supply of greens through the summer.



fall In late summer, remove most summer crops to make room for a second planting of cool-season crops. Leave tomatoes in—they'll produce until first frost.

unlikely pairs

In this garden, plants look their best when they have little in common.

by ERIC LISKEY
photos PETE KRUMHARDT





NORTH SLOPE Barbara Miller's Alaska garden is a lesson in contrasts—diverse colors, textures, and forms intermingle beautifully in her landscape.

For Barbara Miller, opposites do attract. A former horticulturist at the Alaska Botanical Garden, she's learned that grouping plants with opposing color and form creates stunning garden scenes. "When I combine plants, I always consider contrast," says Barbara. "I interplant spiky and rounded plants, mix blue and yellow flowers, and add distinctive foliage for ongoing interest."

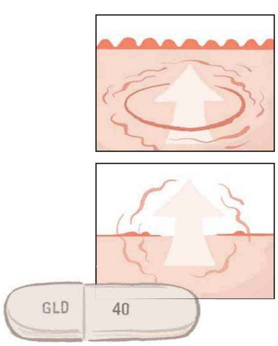
Sometimes, however, Barbara lets Mother Nature do it her way. "Some of the prettiest combinations naturally occur as plants reseed, giving the gardens a new look," she says.

continued on page 128

Here's a way to keep your Rosacea in line... for less.*



*Go to **Oracea.com** for program details about the Oracea RxSaver Card.



Don't let your skin behave badly. Those bumps and blemishes that sometimes resemble acne could be Rosacea. It's a medical condition, and there's a medical treatment called Oracea.® Ask your doctor about once-daily prescription Oracea,® the only capsule approved to help reduce the bumps and blemishes of Rosacea. It works from the inside, targeting the chronic inflammation that causes flare-ups. With Oracea,® you can do something about your Rosacea – instead of just wondering what your skin is up to.

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ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea. Do not take Oracea if you are allergic to tetracyclines. Oracea may cause harm to a developing fetus, so do not take Oracea if you are pregnant or breastfeeding. As with other tetracyclines, you should stay out of direct or artificial sunlight, and make sure you tell your doctor if you have stomach or GI problems, kidney disease, have a yeast or fungal infection, take blood thinners, take oral contraceptives, or take medicine to treat acne, psoriasis or seizures.

Oracea does not treat bacterial infections. To minimize the risk of developing bacterial resistance, Oracea should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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ORACEA®

(doxycycline, USP) *30 mg immediate release & 10 mg delayed release beads

Keep out of reach of children.

Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: **1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.**

ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

Gastrointestinal effects: **Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.**

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by Clostridium difficile is a primary cause of “antibiotic-associated colitis.”

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against Clostridium difficile colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible micro-organisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth.

Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanels in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors).

Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see **WARNINGS** section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)

	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15˚C - 30˚C (59˚F - 86˚F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

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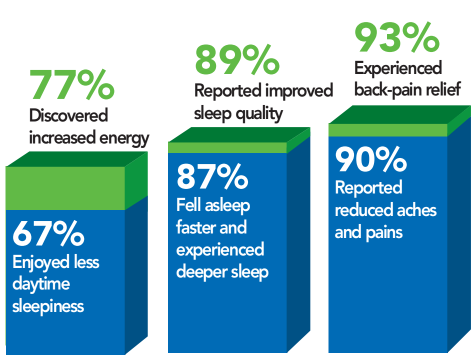
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twice as nice

This combo produces two flower peaks during the growing season, while contrasting foliage keeps it interesting the entire season.

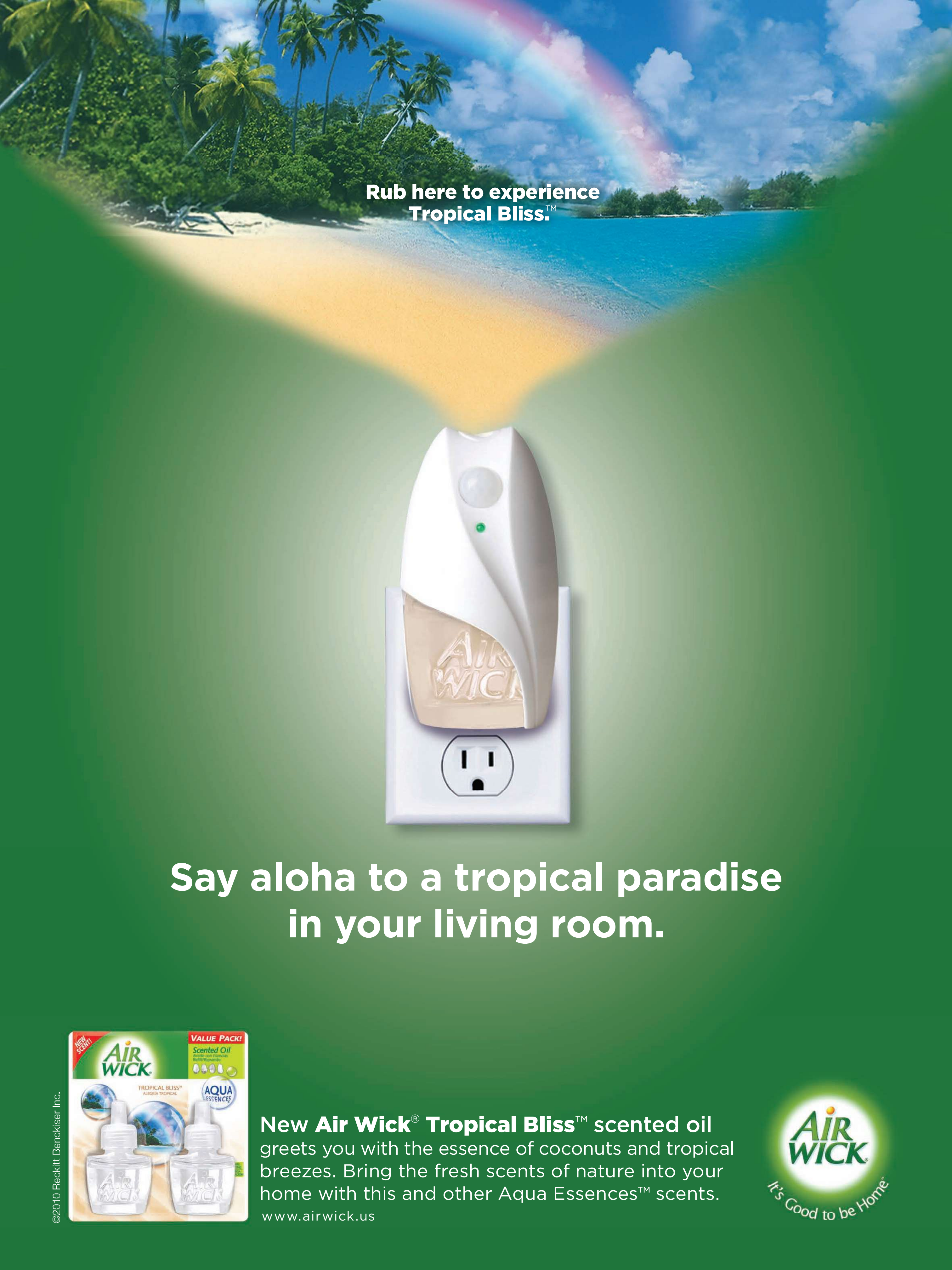
SIBERIAN IRIS (*Iris sibirica*, Zones 4–9) Rich blue blooms sit atop spiky foliage in the spring.

PURPLE SNAKE ROOT (*Actaea simplex* 'Atropurpurea', Zones 4–8) Purple foliage highlights white summer blossoms.

tip From the Test Garden

Play Matchmaker

For surefire flower combos, look for different plants that bloom at the same time in your garden. Take divisions from them and plant them together.


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It's Good to be Home



rock solid

This low-growing group gets high marks for contrast. Flowers accent the display, but foliage is the main event.

From top to bottom of photo:

RUSSIAN SEDUM (*Sedum kamschaticum* 'Variegatum', Zones 4–9) White-edged leaves brighten any grouping.

CORAL BELLS (*Heuchera* 'Crimson Curls', Zones 3–8) Purple foliage remains year-round in most climates.

STONECROP (*Sedum rupestre* 'Angelina', Zones 6–9) Lime-green foliage contrasts with purple or any other shade of green.

Patient Information
BONIVA® [bon-EE-va] (ibandronate sodium) TABLETS

Rx only

Read this patient information carefully before you start taking BONIVA. Read this patient information each time you get a refill for BONIVA. There may be new information. This information is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or your treatment. Talk about BONIVA with your health care provider before you start taking it, and at your regular check-ups.

What is the most important information I should know about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers (see **"What are the possible side effects of BONIVA?"**).

You must take BONIVA exactly as prescribed for BONIVA to work for you and to lower the chance of serious side effects (see "How should I take BONIVA?").

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause (see the end of this leaflet for **"What is osteoporosis?"**). BONIVA may reverse bone loss by stopping more loss of bone and increasing bone mass in most women who take it, even though they won't be able to see or feel a difference. BONIVA may help lower the chances of breaking bones (fractures).

For BONIVA to treat or prevent osteoporosis, you have to take it as prescribed. BONIVA will not work if you stop taking it.

Who should not take BONIVA?

Do not take BONIVA if you:
- have low blood calcium (hypocalcemia)
- cannot sit or stand up for at least 60 minutes
- have kidneys that work very poorly
- are allergic to ibandronate sodium or any of the other ingredients of BONIVA (see the end of this leaflet for a list of all the ingredients in BONIVA)

Tell your health care provider before using BONIVA:
- if you are pregnant or planning to become pregnant. It is not known if BONIVA can harm your unborn baby
- if you are breast-feeding. It is not known if BONIVA passes into your milk and if it can harm your baby
- have swallowing problems or other problems with your esophagus (the tube that connects your mouth and stomach)
- if you have kidney problems
- if you are planning a dental procedure such as tooth extraction

Tell your health care provider (including your dentist) about all the medicines you take including prescription and non-prescription medicines, vitamins and supplements. Some medicines, especially certain vitamins, supplements, and antacids can stop BONIVA from getting to your bones. This can happen if you take other medicines too close to the time that you take BONIVA (see **"How should I take BONIVA?"**).

How should I take BONIVA?
- Take BONIVA exactly as instructed by your health care provider.
- Take BONIVA first thing in the morning at least 60 minutes before you eat, drink anything other than plain water, or take any other oral medicine.
- Take BONIVA with 6 to 8 ounces (about 1 full cup) of plain water. Do not take it with any drink other than plain water. Do not take it with other drinks, such as mineral water, sparkling water, coffee, tea, dairy drinks (such as milk), or juice.
- Swallow BONIVA whole. Do not chew or suck the tablet or keep it in your mouth to melt or dissolve.
- After taking BONIVA you must wait at least 60 minutes before:
  - Lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
  - Eating or drinking anything except for plain water.
  - Taking other oral medicines including vitamins, calcium, or antacids. Take your vitamins, calcium, and antacids at a different time of the day from the time when you take BONIVA.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- Keep taking BONIVA for as long as your health care provider tells you. BONIVA will not work if you stop taking it.
- Your health care provider may tell you to exercise and take calcium and vitamin supplements to help your osteoporosis.
- Your health care provider may do a test to measure the thickness (density) of your bones or do other tests to check your progress.

What is my BONIVA schedule?

Schedule for taking BONIVA 2.5 mg once-daily:
- Take one BONIVA 2.5 mg tablet once a day first thing in the morning at least 60 minutes before you eat, drink anything other than plain water, or take any other oral medicine (see **"How should I take BONIVA?"**).

What to do if I miss a daily dose:
- If you forget to take your BONIVA 2.5 mg tablet in the morning, **do not** take it later in the day. Just return to your normal schedule and take 1 tablet the next morning. **Do not** take two tablets on the same day.
- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

Schedule for taking BONIVA 150 mg once-monthly:
- Take one BONIVA 150 mg tablet once a month.
- Choose one date of the month (your BONIVA day) that you will remember and that best fits your schedule to take your BONIVA 150 mg tablet.
- Take one BONIVA 150 mg tablet in the morning of your chosen day (see **"How should I take BONIVA?"**).

What to do if I miss a monthly dose:
- If your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember (see **"How should I take BONIVA?"**). Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule.
- **Do not** take two 150 mg tablets within the same week. If your next scheduled BONIVA day is only 1 to 7 days away, **wait** until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule.
- **If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.**

What should I avoid while taking BONIVA?
- Do not take other medicines, or eat or drink anything but plain water before you take BONIVA and for at least 60 minutes after you take it.
- Do not lie down for at least 60 minutes after you take BONIVA.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have:
- **pain or trouble with swallowing**
- **chest pain**
- **very bad heartburn or heartburn that does not get better**

BONIVA MAY CAUSE:
- pain or trouble swallowing (dysphagia)
- heartburn (esophagitis)
- ulcers in your stomach or esophagus (the tube that connects your mouth and stomach)

Common side effects with BONIVA are:
- diarrhea
- pain in extremities (arms or legs)
- dyspepsia (upset stomach)

Less common side effects with BONIVA are short-lasting, mild flu-like symptoms (which usually improve after the first dose). These are not all the possible side effects of BONIVA. For more information ask your health care provider or pharmacist.

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue or throat. Get medical help right away if you have trouble breathing, swallowing or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take, by mouth, bisphosphonate drugs to treat osteoporosis (thin bones). This group of drugs includes BONIVA. Most patients experienced relief after stopping the drug. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients taking bisphosphonates have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is living tissue, just like other parts of the body, such as your heart, brain, or skin. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

Osteoporosis causes the body to remove more bone than it replaces. This means that bones get weaker. Weak bones are more likely to break. Osteoporosis is a bone disease that is quite common in women after menopause. At first, osteoporosis has no symptoms, but people with osteoporosis may develop loss of height and are more likely to break (fracture) their bones, especially the back (spine), wrist, and hip bones.

Osteoporosis can be prevented, and with proper therapy it can be treated.

Who is at risk for osteoporosis?

Talk to your health care provider about your chances for getting osteoporosis.

Many things put people at risk for osteoporosis. The following people have a higher chance of getting osteoporosis:

Women who:
- are going through or who are past menopause ("the change")
- are white (Caucasian) or Asian

People who:
- are thin
- have a family member with osteoporosis
- do not get enough calcium or vitamin D
- do not exercise
- smoke
- drink alcohol often
- take bone thinning medicines (like prednisone) for a long time

General information about BONIVA

Do not use BONIVA for a condition for which it was not prescribed. Do not give BONIVA to other people, even if they have the same symptoms you have. It may harm them.

Store BONIVA at 77°F (25°C) or at room temperature between 59°F and 86°F (15°C and 30°C).

Keep BONIVA and all medicines out of the reach of children.

This summarizes the most important information about BONIVA. If you would like more information, talk with your health care provider. You can ask your health care provider or pharmacist for information about BONIVA that is written for health professionals.

For more information about BONIVA, call 1-888-MY-BONIVA or visit www.myboniva.com.

What are the ingredients of BONIVA?

BONIVA (active ingredient): ibandronate sodium

BONIVA (inactive ingredients): lactose monohydrate, povidone, microcrystalline cellulose, crospovidone, purified stearic acid, colloidal silicon dioxide, and purified water. The tablet film coating contains hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

BONIVA is a registered trademark of Roche Therapeutics Inc.

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Revised: November 2008



cool colors

"This combination works because of the varied textures, and because I stayed with cool colors brightened with spots of hot hues," says Barbara.

CHIVES (*Allium schoenoprasum*, Zones 3–9) Purple flowers stand out from edible foliage.

PEONY (*Paeonia* sp., Zones 3–8) A traditional favorite with bold foliage and romantic blooms.

GIANT ALLIUM (*Allium giganteum*, Zones 6–10) Soft blue blooms on tall stalks.

PENSTEMON 'PHOENIX RED' (*annual*) Bright red blooms provide visual hot points.

For buying information see page 259.

tip From the Test Garden

BHG-tested

Sandra Gerdes, Better Homes and Gardens Test Garden® manager, shares three favorite combos.

1. **'Pizzazz' hosta** (Zones 3–8) and **ostrich fern** (Z. 3–8). "Lots of fern-and-hosta combos look great in shady spots."
2. ***Allium* 'Globemaster'** (Z. 6–10) + **'Moonshine' yarrow** (Z. 4–8). "The blooms and foliage give you contrast in shapes, not just colors."
3. **Daylilies** (Z. 3–10) with **'Crimson Pygmy' barberry** (Z. 5–8). "The big, waxy lily blooms are a great contrast with the small barberry foliage."



Q:a Lavender

Advice about this romantic favorite from the *Better Homes and Gardens*® experts.

by **ERIC LISKEY**

Q I love the smell of lavender in my house. How do I cut it for bouquets? Does it dry easily?

Lavender blooms are wonderful cut flowers. Snip them early in the morning and place them immediately into a vase of water. As with all cut flowers, you'll prolong their life by making fresh stem cuts and changing the water daily.

To dry lavender, tie a bundle of the blooms together with string or a rubber band around the base of the stalks and hang upside down in a cool, dry place such as a basement. It will take 1–2 weeks to dry. To make a lavender sachet, strip blossom parts from the dried stems and stuff them in a small cloth bag. Use the sachets to add fresh aromas to drawers, or give them as gifts.

PHOTOS: BOB STEFKO

Q My lavender plants are getting too large and I'd like to divide them. What's the best way to do this? When should I do it?

Lavender plants usually grow from a single stem, almost like a shrub. That makes them difficult to divide. However, spreading branches sometimes naturally take root where they touch the ground. If that happens, it should be possible to dig that part of the plant and divide it.

For a division to succeed, it must have both roots, and stems with buds. Divide plants in early spring, just as the buds are beginning to swell and show new green growth.

Q Can I grow lavender in containers in a full-sun location?

Yes. In fact, lavender may grow better in containers than in the ground because of the excellent drainage. However, don't let containers sit in standing water in drain pans, because this can keep the potting soil wet.

Except in Zones 9–10, lavender may not overwinter in pots unless you move them into a garage or shed to shelter them from the coldest winter days (be sure to water occasionally). If a variety is hardy in your Zone, remove plants from pots in autumn and plant permanently in your garden.


Lavender thrives in pots thanks to good drainage.

Combine lavender only with other plants that thrive in the hot, dryish conditions that it enjoys.

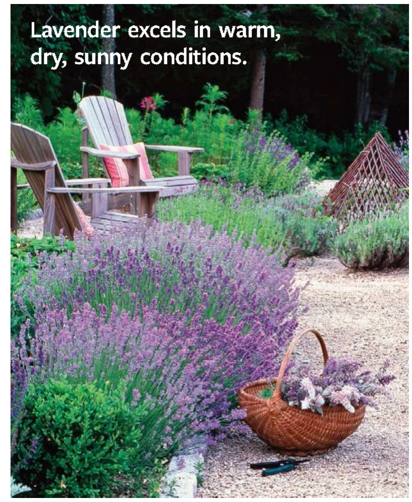
Q How often should lavender be trimmed? How much should I cut off?

Cut older, established lavender back hard in spring, to perhaps half its height. This promotes bushiness and removes dead tips that are common after winter exposure. Let young plants grow for 2–3 years to reach a mature size before you start cutting them back this significantly.

After the plant finishes its main June-July bloom, give it a light "haircut" to remove spent flowers; often, this will prompt a second flush of bloom.

Q The lavender I planted a few months ago is dying. Plant parts turn brown and then seem to wilt away. I water daily, feed weekly. What am I doing wrong?

Lavender does not like wet soil, and if you're watering every day it may be developing root rot. It's very drought tolerant and shouldn't need watering more than once or twice per week (except for newly planted specimens, which will need a bit more water the first season). That makes lavender ideal for drier gardens and landscapes with sandy or rocky soil, but risky alongside moisture-loving perennials and shrubs in mixed borders that you must water more frequently. Lavender is a plant that gardeners like to say "thrives on neglect."

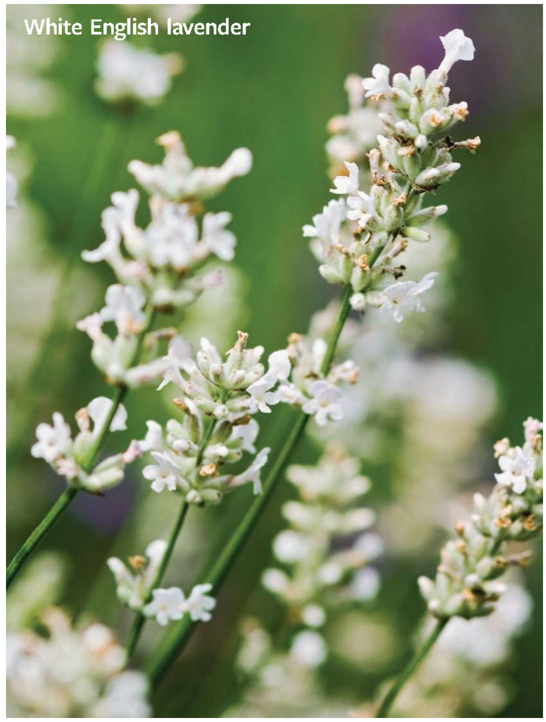

Lavender excels in warm, dry, sunny conditions.

PHOTOS: (BLUE LAVENDER) LYNN KARLIN; (WHITE LAVENDER) ROB CARDILLO

Q Are there any lavender varieties with flower colors other than the traditional blue and purple?

Yes, several are available, including 'Nana Alba' English lavender (*Lavandula angustifolia,* Zones 5–8) and its hybrid 'Edelweiss' lavandin (*L.* x *intermedia,* Zones 5–8). Pink varieties of English lavender include 'Jean Davis' and 'Loddon Pink'. There's even a yellow type of Spanish lavender (*L. stoechis,* Zones 8–9), called 'Lemon Leigh'.

A mix of white and pink varieties with blue and purple types is a lovely scene in a perennial border.


White English lavender

Go Online

Ask the Garden Doctor

These questions and answers are based on actual postings on our Garden Doctor Web page. To ask your own question, go to *BHG.com/gardendoctor* and our experts will answer it.









Q Why won't my lavender bloom? I recently bought a young plant and it's growing quite well, but it hasn't produced any flowers. Do I need to fertilize it?

Your plant may be too young. Most kinds of lavender require a period of chilly weather to prompt them to bloom, which is why first-year plants won't bloom.

Two exceptions are 'Lady' and 'Vicenza', which bloom in their first year. They're both hardy to Zone 5.

Lavender does best with light fertilizing—blood or bone meal applied to the soil once a year will do.

Q I thought lavender was hardy where I live (Zone 6) but my plants didn't make it through the winter. What could have gone wrong?

French and Spanish lavender are hardy only to Zone 8; perhaps this is what you planted. English lavender is the most cold-tolerant species, hardy to Zone 5.

It is also possible that your plants did not become well-established in their first year of growth. Plants that would normally be hardy when mature may not make it through the winter if they didn't get a good start the first year. Try the English lavender varieties 'Hidcote' and 'Munstead'—they're considered to be particularly hardy.


Spanish lavender

PHOTO: CELIA PEARSON

For buying information see page 259.



the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by ERIC LISKEY

Tall Grass

RAISE YOUR MOWER'S HEIGHT FOR A LAWN THAT'S A CUT ABOVE

Many homeowners cut their lawns short, often under an inch in height, to get a more manicured look. It's true that grass looks nice when you cut it short—the first time. After that, things go downhill as the stress of a close clip takes its toll. Grass thins out, and pests and weeds move in. For a healthier lawn that stays greener through summer's heat and drought, and fights back against weeds and pests, adjust your mower for a 2–3-inch cutting height.

PHOTO: KRITSADA

PHOTOS: (SWEET PEA) ROB CARDILLO; (MOWER) PETE KRUMHARDT; (DEBRA PRINZING) WILLIAM WRIGHT



Debra Prinzing, our new contributing editor, is a gardening and outdoor living expert and author of many gardening books and articles. She blogs at debraprinzing.com.

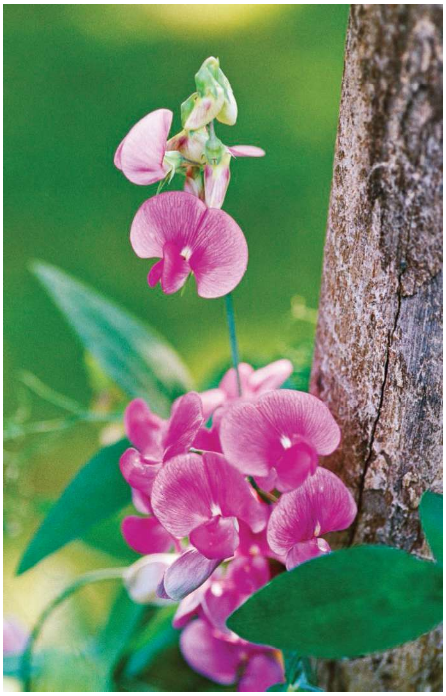
DEBRA'S GARDEN

beautiful bouquets

April is the month I love to plant old-fashioned sweet peas, *right*. At about $3 for a pack of seeds, they're an affordable indulgence for any backyard.

Sow now and enjoy pastel-to-jewel-tone blooms by early summer (in warm climates, plant sweet peas in fall). The flowers are lovely, but the real reason to grow these annuals is to fill your garden—and vases—with their sweet fragrance.

I grow them in large terra-cotta pots on my patio, tying them to bamboo-stake tepees. As the plants bloom, pick bunches for yourself and friends. The more you cut, the longer they continue to produce flowers.



THIS MONTH IN THE GARDEN







north April is the perfect time to plant trees and shrubs, including both container and bare-root plants. Divide fall-blooming perennials such as aster and sedum. Hostas can also be divided, *above*, before leaves expand.

south Plant Easter lilies in the garden after their blooms fade. Choose a spot with full sun and shelter from strong winds. Allow existing bulbs in your beds to die back on their own, rather than removing green foliage.

west After the spring growth flush, prune boxwood, myrtle, and other sheared shrubs for shape. As spring-flowering shrubs such as spirea, forsythia, and lilac finish blooming, perform any needed trimming.

PHOTOS: (POT) BLAINE MOATS; (BOXWOOD) JON JENSEN; (LILY) ROB CARDILLO; (HOSTA) SCOTT LITTLE

10–14 days

The length of a mosquito's life cycle, which explains why populations can explode so suddenly in wet weather. Reduce their chance to breed by eliminating standing water around your home—puddles, rain gutters, old tires, or potted plant saucers.

YARD GOODS

packing pearls



Large pots have so much more impact than smaller containers—especially when you have to lift one. Packing Pearls placed in the bottom of a container lighten the load. They come with filter fabric to keep soil and spheres separate, which makes it easier to reuse them. Packing Pearls, $20; packingpearls.com


CUT YOUR HEATING AND COOLING
COSTS UP TO 80%.
525

garden smarts

"Resist the urge to plant tender annuals—such as geranium and marigold—until the threat of frost is past. Instead, pot up some cool-season stalwarts such as alyssum, pansy, and African daisy to carry you through till warm weather arrives."

Jane McKeon,
senior associate editor

PHOTO: PETE KRUMHARDT

5 things to remember when you plant a tree

CALL 811 to have a utility locator mark buried lines before you dig.
DIG A LARGE HOLE twice as wide as the root ball, and only as deep.
BACKFILL WITH EXISTING SOIL rather than amending with compost. Tamp the soil to eliminate air pockets.
MULCH AROUND THE BASE of the tree with 2–3 inches of mulch.
STAKE THE TREE and tie it loosely—do not strap it tightly to the stake.

Arbor Day falls on the last Friday of April (in most states). Why not celebrate by planting a tree? Find more information at arborday.org.




SIMPONI,™ a full month of RA relief with one dose a month.
Out & About-
see you
next month.
SIMPONI,™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.
Just one dose of SIMPONI™ monthly, taken with the medicine methotrexate, helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.
Ask your rheumatologist if SIMPONI™ (golimumab) is right for you.
Please read the Important Safety Information on the adjacent page.
Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI,™ taken with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

monthly Simponi™ golimumab

Just one dose, once a month.

Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?".**

Serious Infections

Hepatitis B infection in people who carry the virus in their blood.

- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab



My allergies don't keep me from spending time in my garden—I Live Claritin Clear.®
Time in my garden helps me unwind and relax. I take 24 Hour Non-Drowsy Claritin, which lets me plant perennials, cut fresh flowers and take time for myself, without letting my allergies get in the way.
–Avid Gardener
WIN $10,000 & BE A STAR!
This is Karen's story. Go to LivingClear.com and tell us yours for a chance to win $10,000 and star in an online commercial.
Original Prescription Strength
Non-Drowsy*
Claritin®
24 Hour
Indoor & Outdoor Allergies
*When taken as directed.
Itchy, watery eyes
Runny nose
Sneezing
Live Claritin Clear.®
©2010 Schering-Plough HealthCare Products, Inc. Use as directed.
NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE THE CHANCE OF WINNING. The Claritin® Living Clear Promotion is divided into 2 phases. The 1st phase, the Share Your Story Contest, starts 12:00:00 pm ET on 3/1/10 and ends at 11:59:59 am ET on 4/20/10; and the 2nd phase, the Vote and Win Instant Win Game, starts 12:00:00 pm ET on 5/6/10 and ends at 11:59:59 am ET on 6/3/10. Open to legal residents of 50 U.S. and District of Columbia (excluding Guam, the U.S. Virgin Islands and Puerto Rico) who: A) are 18+ years as of entry date; B) are seasonal or indoor allergy sufferers; and C) have used Claritin® or Claritin-D® as of 3/1/10. Void in Guam, U.S. Virgin Islands and Puerto Rico and where prohibited. Subject to Official Rules, available by visiting www.LivingClear.com or www.claritin.com between 12:00:00 pm ET on 3/1/10 and 11:59:59 am ET on 6/3/10 or by sending a SASE for receipt by 7/5/10 to: Claritin® Living Clear RULES, P.O. Box 13199, Bridgeport, CT, 06673-3199. Sponsor: Schering-Plough HealthCare Products, Inc.

our 20 favorite garden picks for 2010





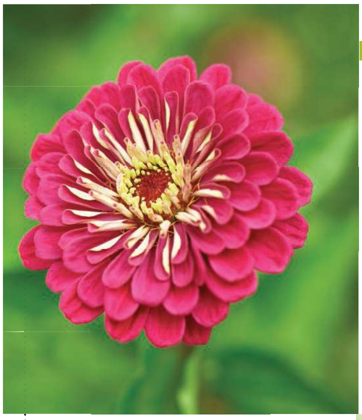
PHOTOS: BLAINE MOATS; (DAISY) BALL HORTICULTURAL CO.

1 AFRICAN DAISY Give this trendy *Osteospermum*, 'Serenity Purple', *top*, a try in your spring and fall container plantings.
Ball Horticultural Co.;
simplybeautifulgardens.com

2 WEDGIE Rock this tool, *above*, back and forth in garden or potting soil to make room for bedding plants—no dirt removal necessary.
Wherry Enterprises of Illinois, $14;
wedgie.biz



3 SKIN CARE Smooth out the rough edges that come hand-in-hand with gardening. These sumptuous products will make your skin say "Ahh."
Nature Hills Nursery, $20;
naturehills.com





4 BAMBOO COMPOST CROCK Chic composting? Count our food scraps in. We're also fans of this crock's pullout plastic liner, which makes light of cleanup duty.
Gardener's Supply Co., $40; gardeners.com/bhg

5 ZINNIA Strong stems, a robust habit, and the deep merlot color make 'Benary's Giant Wine', *above*, a cut-flower standout.
Available through local garden retailers and mail-order catalogs.



6 PETUNIA 'Shock Wave Denim', *right*, pumps out nonstop waves of electric dark blue flowers from spring to fall.
PanAmerican Seed; wave-rave.com

Go Online

For dozens more new plants, go to BHG.com/newplants





7 LANTANA 'Luscious Citrus Blend', *left*, likes it hot, so plant it in a sunny spot and watch its fiery blooms pop.
Proven Winners; shoponlineatprovenwinners.com

8 COLEUS For energetic red-and-green foliage, try 'Twist and Twirl' coleus, *right*.
Proven Winners; shoponlineatprovenwinners.com





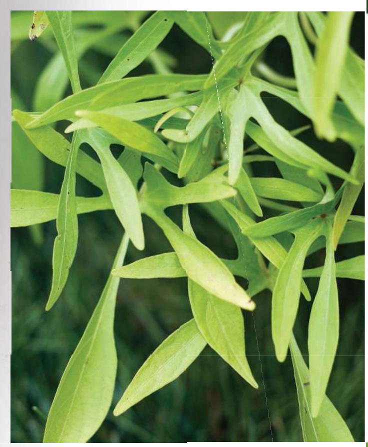
9 WATERING CAN Quench your thirst for style with this elegant black swan indoor watering can.
The Gardener, $14; thegardener.com

PHOTOS: (LANTANA, ZINNIA, WEDGIE) KRITSADA; (PETUNIA, CRAPE MYRTLE, SWEET POTATO) PETE KRUMHARDT; (OTHERS) BLAINE MOATS



10 GARDEN SHOES Super comfortable, easy to slide on, waterproof, and slip-resistant, the Nimbus shoes earn top marks from our tootsies. LawnGrips, $66; **lawngrips.com**





11 CONEFLOWER *Echinacea* 'Coconut Lime', *above*, gives the most ho-hum border something to cheer about. White Flower Farm; **whiteflowerfarm.com/bhg**

12 SWEET POTATO VINE More compact than other varieties, 'Illusion Emerald Lace', *left*, delivers delicate chartreuse spills. Proven Winners; **shoponlineatprovenwinners.com**

13 CRAPE MYRTLE Reaching just 5 feet, 'Dazzle Me Pink', *right*, brings big bloom to tiny spaces. Gardener's Confidence Collection; **gardenersconfidence.com**



14 WATER BOTTLE The stainless-steel Envirosax is perfect for H2O on the go, sans plastic. Blue Ribbon General Store, $16.50; **BlueribbonGeneralstore.net**

15 CLAY POTS These dark Woodville pots bring understated elegance to patios. Ben Wolff Pottery, $16 (#2 size) and $30 (#4 size); **benwolffpottery.com**







16 PRUNERS

A finger loop on the handle means you may never drop your shears again.

Available with 5/8-inch (purple) and 3/4-inch (red) blades. Ames True Temper, $20; **amestruetemper.com**

17 BEGONIA 'Big Red with Bronze Leaf', *above*, is no old-school begonia. It blooms all season and thrives in sun or shade. Benary; **big-begonia.com**



18 LILAC Bloomerang reblooming lilac, *right*, flowers all summer long. White Flower Farm; **whiteflowerfarm.com/bhg**
For information, see page 105.



19 PETUNIA Create an eye-popping scene by tucking 'Supertunia Pretty Much Picasso', *left*, into containers this spring. Proven Winners; **shoponlineatprovenwinners.com**



20 BOOTS

Bring on the mud and muck! Bogs all-weather boots fit snug around your legs, keeping feet toasty and dry.

Gardener's Supply, $85; **gardeners.com/bhg.**

PHOTOS: (PLANTS) PETE KRUMHARDT; (OTHERS) BLAINE MOATS

MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. **Heart-related problems:**
   - **sudden death in patients who have heart problems or heart defects**
   - **stroke and heart attack in adults**
   - **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. **Mental (Psychiatric) problems:**

   All Patients
   - **new or worse behavior and thought problems**
   - **new or worse bipolar illness**
   - **new or worse aggressive behavior or hostility**

   Children and Teenagers
   - **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. **It is used for the treatment of attention deficit and hyperactivity disorder (ADHD).** CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?
See **"What is the most important information I should know about CONCERTA®?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

- decreased appetite
- dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

What are the ingredients in CONCERTA®?
Active Ingredient: methylphenidate HCl
Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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earthy delight

Landscape architect, nursery owner, and all-around garden aficionado Flora Grubb gets to the root of crisp spring basics—and shares just what makes her garden grow.

DOWN AND DIRTY
"I'm constantly working outside and often filthy, but I never want to just look like 'the gardener.' So I invest in great fitted jeans and keep half a dozen in constant rotation." Knightly pendant necklace, AK Anne Klein, $44; 800/578-4552 for stores. Navy blouse, DKNY Jeans, $49; 800/777-4524 to order. Vintage slim jean, J.Crew, $98; *jcrew.com*. Getby Platform wedge, Nine West, $79; *endless.com*

by KELLY L. PHILLIPS
photos FRANCOIS DISCHINGER
styling JONNY LICHTENSTEIN

SET DESIGN: MARCUS HAY; HAIR & MAKEUP: SOPHIE KASPAR. "NICOLE" ARTISTIC TILE: ARTISTICTILE.COM, 888/698-8857



"If you can help people figure out how to grow something and connect them to the natural world, I believe you can have a truly profound effect on them."

BELT IT OUT "If I'm going out at night, I'll usually wear a casual dress—but never pumps or strappy sandals. It's cold at night in San Francisco!" Here, Flora dresses up casual with a bold belt. Brass belt, Linea Pelle Collection, $195; at Henry Bendel, 800/423-6335. Navy Dress, Lauren by Ralph Lauren, $159; at select Macy's stores. Enamel-and-crystal bangles, Sequin, from $38 each; 212/398-7363 to order

MEET Flora Grubb, 36, landscape architect and owner of Flora Grubb Gardens, a San Francisco-based nursery and full-service showroom, complete with an in-store coffee shop.

WHAT'S IN A NAME "It's not a moniker; Flora Grubb is my birth name. I'm from a family of gardeners and botanists, and named for my great-grandmother. It only seems appropriate that gardening is in my blood."

HER STYLE "I'm most often in jeans, boots, and a hat, so I concentrate on keeping those functional items looking stylish and clean. (I warmed up to skinny jeans recently!)

I also invest in a great haircut regularly. It's the finishing touch."

HER SPECIALTY "We're known for helping people create vertical gardens. They're a small-space solution for people who, like me, live in urban spaces with little or no growing space."

HER SON "I'm so obsessed with gardening that it was hard to imagine feeling that way about something else —but my 19-month-old son, Greyson Danger, changed that. He's completely captured me. I'm in love."

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“Most people want to relax in jeans on a weekend, but I’m the opposite. That’s my daily uniform—I can’t wait to slip into a skirt!”

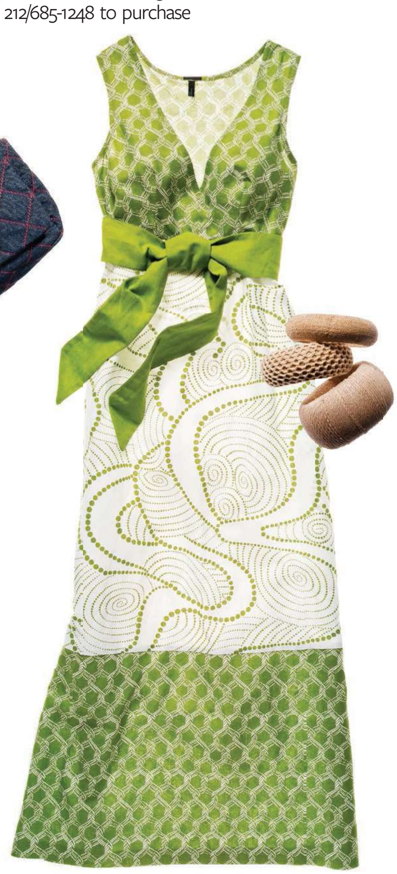


NAUTICAL KNOW-HOW Tuck a crisp blouse into a flattering pair of sailor trousers for a look that’s ship-shape. Shaped ruffle shirt, The Limited, $50; *thelimited.com*. Sailor pant, Eryn Brinie, approximately $80, similar styles at *erynbrinie.com*. Chain purse, JCPenney, $13; at JCPenney stores

HERE COMES THE SUN Everything you want in a basic sundress: It’s flattering, fitted, and wildly affordable. Cap sleeve shirtdress, Norma Kamali for Wal-Mart, $18; at Wal-Mart stores, *walmart.com*. Pearl-and-ribbon necklace, Old Navy, $13; at Old Navy stores



GO LONG A ’70s staple, this floor-length maxi dress is updated with fresh patterns worthy of 2010. Empire waist dress, United Colors of Benetton, $109; 800/535-4491 for stores. Bangles, RJ Graziano, from $38 each; 212/685-1248 to purchase



FLAG THIS LOOK Add one strong burst of color. Ruffled blouse, Lauren Jeans Co. by Ralph Lauren, $90, at select Macy’s. Cardigan, American Eagle, $40; *ae.com*. Ankle pant, Worthington, $20; at JCPenney stores. Leather handbag, MeChar, $200; *mecharhandbags.com*



JEAN SCENE “A denim skirt is my main pant alternative—it’s an absolute staple in my wardrobe.” Chain print woven blouse, Nautica, $78; *nautica.com*. Chain necklace, RJ Graziano, $65; 212/685-1248 to purchase. “Emma” tummy tuck skirt, NYDJ, $88; at Nordstrom stores



PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI FOR HALLEY RESOURCES



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"I judge gardens the way other people judge runway clothing —I love to see what's in fashion in the natural world."

GRASS ROOTS Accessorize in shades straight from terra firma. Faux leather Abbey shoulder clutch, Rampage, $58; 800/847-0072. Necklace, RJ Graziano, $65; 212/685-1248 to purchase. Tirah shoe, Steve Madden; $70; *stevemadden.com*


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juicy fruits

Super-sheer gels for eyes, lips, face, and nails give you the perfect punch of bright, refreshing color.

by **MELISSA MILRAD GOLDSTEIN**
photos **JEFF HARRIS** styling **LAURIE RAAB**

From bottom left: ▶**TWO-FER** Stila Convertible Color in Petunia pulls double duty as a lip and cheek tint, $25 ▶**AU NATUREL** You'll look like you just caught the bouquet in Tarte Blushing Bride Cheek Stain, $30 ▶**SHEER** Discover jelly nail lacquer, a see-through polish with color that deepens with each additional coat. Try Butter LONDON's Jelly polish in Stroppy, $14 ▶**ALL-DAY AFFAIR** The sheer red tint of Tarte's Natural Gel Lip Stain Pencil in Lust goes the distance, $24 ▶**ORANGE CRUSH** Mary Kay's Cheek Glaze in Tangerine melts into skin for a light, lasting glow, $16 ▶**REFRESHING** Lips get a translucent, hydrating ruby shine with DuWop Icedtea in Strawberry Kiwi, $19 ▶**JOLT** Go for high-wattage sheer with Brilliant Lip Shine in Laser, by Chanel, $27 ▶**UNIVERSAL** In Plush, L'Oréal's HIP High Intensity Pigment Jelly Balm can be worn alone or layered on top of any lip color, $9



scents & sensibility

Scented candles are mood-makers, and we love the idea of matching different fragrances to different rooms. **Space NK**'s new Life line of candles pairs up nicely with the various forms and functions of your home. Since you don't want anything that will clash with food aromas in the kitchen, try the soft-smelling Tomato Rhubarb. Patchouli Suede has a meditative vibe that's ideal for the study, while Mandarin Grapefruit's exhilarating citrus notes inspire some get-up-and-go—perfect for morning ablutions. And for the boudoir? Midnight Jasmine, a feminine floral. $30.

good for you

Makeup artist Tina Turnbow recently came clean to us with this tidy tip: "I wash my makeup brushes in Palmolive Pure & Clear. It leaves them super-soft and smelling great."



natural beauty

Mega-model and actress Lauren Hutton has given her distinctive color-coded face disk a new eco-friendly spin. **Naturals by Lauren Hutton** updates the easy-to-use makeup system that's been popular for years on the Home Shopping Network with formulations from plant-based ingredients and without petrochemicals, phthalates, sulfates, and synthetics. It even carries the Natural Products Association seal, from $60.

PHOTOS: (CUCUMBERS) VEER



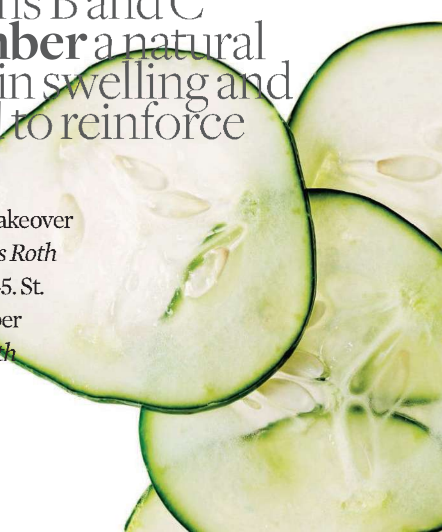
SMOOTH OPERATOR

Have you been known to steal a pump or two of your husband's shaving cream? Those days are over. The first thing you'll notice about EOS shave creams is the packaging: sleek and sophisticated plastic bottles (made from recycled materials) that won't leave a rust ring on shower tile. And while the cream formula is a nice change from foam, the scents—pomegranate raspberry, cucumber melon—will have you saying buh-bye to Barbasol, $4.

Cool as a ...

Veg out with a few fresh finds. Vitamins B and C make **cucumber** a natural to combat skin swelling and sunburn, and to reinforce skin's health.

Yes To Cucumbers Daily Makeover Shampoo, $9. *Peter Thomas Roth* Cucumber Gel Masque, $45. St. Ives Moisturizing Cucumber Melon Body Wash, $3. *Earth Therapeutics* Recovery-E Cucumber Eye Pads, $6.




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food

RECIPES FOR EVERY DAY



welcome fresh eats

It's time to cook up new egg dishes, meet the winners of our annual recipe challenge, bake a show-stopping cake, and savor an artichoke.

PHOTO: ANDY LYONS



POLENTA WITH EGGS AND ZUCCHINI

get crackin'

Eggs: quick, versatile, and always on hand. Maybe your usual is sunny-side up or fried over easy, but have you had your eggs baked, whipped—or frizzled? Here are seven fresh ways to enjoy that dozen waiting in the fridge.

Recipes begin on page 214

by ERIN SIMPSON photos ANDY LYONS recipes and food styling JILL LUST prop styling SUE MITCHELL

poached

Slip eggs into simmering water to cook until the whites are set and the yolks are thick but still a little soft.

A pair of tender poached eggs settle into creamy Parmesan polenta, *opposite*. Add a quick sauté of zucchini ribbons and peppers and you have a meal.



HERBED DEVILED EGG BRUSCHETTA

hard-cooked

Eggs cook in their shells in boiling hot water until firm all the way through.

These are deviled eggs at their easiest—no messy mashing and filling. Yolks stay intact—and sunny yellow—when sliced and layered over Dijon mayo and toast. A dusting of paprika hints at the classic side dish.



frizzled

Eggs hit a hot skillet with a sizzle and pop, frying up until crispy-browned on the bottom and set on top.

Bacon and eggs nestle into a dinner salad filled with green beans, mushrooms, and crispy potato wedges. A warm raspberry dressing adds a tangy-sweet finish.

FRIZZLED EGG SPINACH SALAD



baked

Eggs cook in the oven until soft-set and browned. No tending needed.

Great for a meatless dinner or special (and easy) enough for brunch, this dish is a cross between a frittata and a strata. English muffins are baked right in with the eggs. A bonus: There's only one pan to wash.

Recipes begin on page 214

ENGLISH MUFFIN AND ASPARAGUS BAKE

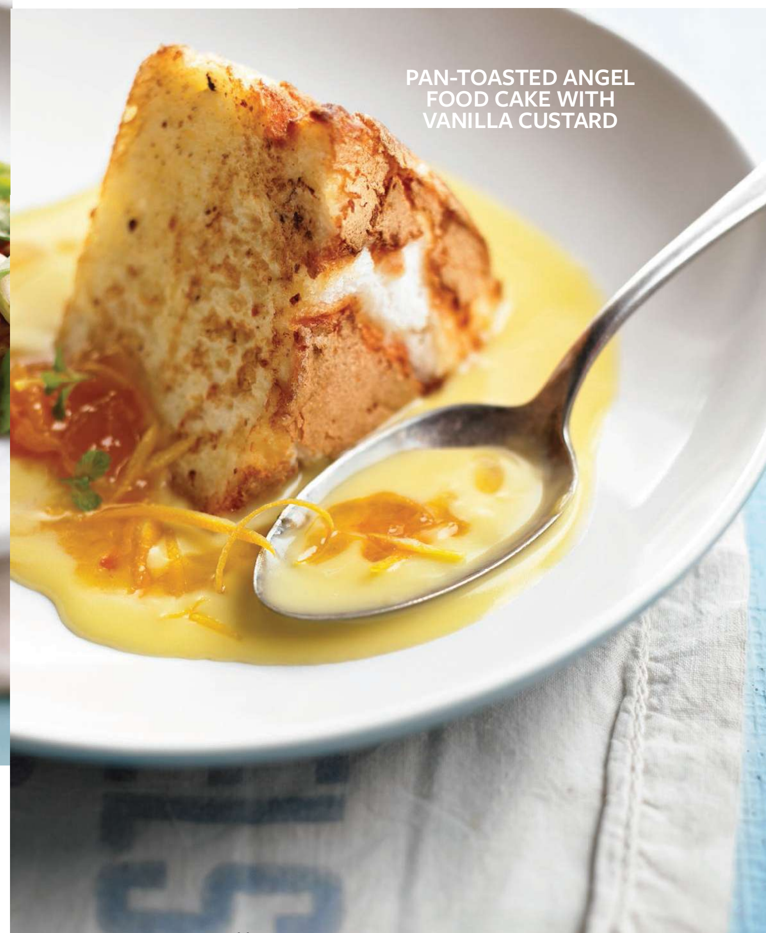
scrambled

Whisked-together eggs quick-cook in a skillet until light and fluffy.

Scrambled eggs can turn just about anything—from leftovers to canned salmon—into a meal. Case in point: this breakfast-meets-enchiladas dish. Tortilla chips are warmed in a spicy red sauce, then topped with buttery eggs and fresh avocado-tomato salsa.



TORTILLA SCRAMBLE WITH FRESH SALSA



PAN-TOASTED ANGEL FOOD CAKE WITH VANILLA CUSTARD

sauced

Stirring over gentle heat turns egg yolks, cream, and sugar into a rich custard.

Slices of angel food cake, cooked French-toast style, soak up the velvety sauce. Warmed apricot preserves spooned over the cake add a little extra zest to each bite.

Recipes begin on page 214

whipped

Beat egg whites into fluffy peaks, then bake into a meringue in a slow oven.

The chewy-crisp meringue shell is filled with tangy pineapple-lime curd made with the yolks, then topped with pineapple slices for a fresh and luscious dessert.



MERINGUE WITH SEARED PINEAPPLE

WHOLE WHEAT CHOCOLATE-BLUEBERRY CAKE
Recipe on page 180



annual challenge recipe winners

personal bests

by RICHARD SWEARINGER
photos ANDY LYONS
food styling JILL LUST

Chosen from more than 6,000 entries, the winners of this year's Annual Recipe Challenge share a gift for combining bold flavor and smart techniques.

"The best part of the contest was learning the story behind each winning recipe," says Nancy Wall Hopkins, deputy food editor and contest judge. "And this year it's a family affair. Every winner had inspiration and help from kids, husbands, mothers, brothers—they really put a piece of themselves into each entry."



$25,000 GRAND PRIZE WINNER
ALSO WINNER: GOOD AND HEALTHY CATEGORY
DOROTHY OLSEN
PROVO, UTAH

"My favorite pastime is coming up with healthy food that also tastes great. My dad is a food scientist, so experimenting with food runs in the family."


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$2,500 WINNER: GRILLING CATEGORY, *right*

ERIN RENOUF MYLROIE

SANTA CLARA, UTAH

"I like spicy food, but when I was creating this recipe, my husband was always telling me to tone it down. We have an orchard nearby, so using peaches was a natural choice."

WHOLE WHEAT CHOCOLATE-BLUEBERRY CAKE, *previous page*

PREP: 35 MIN. BAKE: 30 MIN. COOL: 1 HR. OVEN: 350°F

- 1 cup whole wheat flour
- 1 cup sugar
- 6 Tbsp. unsweetened cocoa powder
- ¾ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ¾ cup water
- ½ cup fresh blueberries
- 1 egg
- 1 cup frozen light whipped dessert topping, thawed
- ½ cup semisweet chocolate pieces
- Fresh blueberries or Blueberry Sauce (see recipe *right*)

1. Preheat oven to 350°F. In medium bowl combine flour, sugar, cocoa powder, baking powder, baking soda, and salt. In blender combine water, blueberries, and the egg. Cover and blend until smooth. Add to flour mixture. Whisk until well combined. Pour into greased 8×8×2-inch baking pan.
2. Bake 30 minutes or until toothpick inserted in center comes out clean. Cool completely on wire rack. Invert onto serving platter.
3. In small microwave-safe bowl combine dessert topping and chocolate pieces. Micro-cook, covered, on 50 percent power (medium) 1 minute. Stir until smooth. Let stand 5 minutes. Pour onto cooled cake, spreading evenly.
4. Cut cake into squares to serve. Top with fresh blueberries. Serve with Blueberry Sauce. MAKES 9 SERVINGS.

BLUEBERRY SAUCE In blender combine ½ cup frozen light whipped dessert topping, thawed, and ½ cup fresh blueberries. Cover and blend until smooth.

EACH SERVING *230 cal, 6 g fat, 24 mg chol, 176 mg sodium, 45 g carbo, 4 g fiber, 4 g pro.*

VANILLA PEACH PORK CHOPS WITH GREEN ONION SLAW

PREP: 40 MIN. GRILL: 8 MIN. MARINATE: 6 HRS

PORK CHOPS

- 4 nonenhanced boneless pork loin chops, cut ¾ to 1 inch thick (about 1 lb.)
- 1 cup water
- 1 Tbsp. kosher salt
- 1 Tbsp. sugar
- 2 tsp. vanilla

GREEN ONION SLAW

- 2 cups shredded red cabbage
- 1 cup thin bite-size strips green onion
- ½ cup golden raisins
- ⅓ cup snipped fresh cilantro
- 1 fresh jalapeño pepper, seeded and finely chopped*
- ¼ cup lime juice
- 3 Tbsp. olive oil
- 2 Tbsp. honey
- 2 Tbsp. packed brown sugar
- 2 large peaches or nectarines, halved and pitted
- 1 Tbsp. olive oil
- 2 Tbsp. peach preserves
- 1 Tbsp. horseradish mustard
- ½ tsp. vanilla
- Fresh cilantro sprigs

1. Place chops in large plastic bag set in deep bowl. For brine, in small bowl combine water, salt, sugar, and 2 tsp. vanilla. Stir until salt and sugar are dissolved. Add to chops in bag. Seal bag; turn to coat. Refrigerate 6 to 24 hours.
2. In large bowl combine cabbage, green onion, raisins, snipped cilantro, and jalapeño pepper. In small bowl whisk together lime juice, 3 Tbsp. olive oil, and the honey. Add to cabbage mixture; toss to coat. Cover and chill 30 minutes before serving.
3. Pat brown sugar onto cut sides of peach halves. Drizzle with 1 Tbsp. olive oil. In small bowl combine preserves, mustard, and ½ tsp. vanilla. Drain chops, discarding brine. Pat chops dry with paper towels. Spread preserves mixture on both sides of chops.
4. For charcoal grill, grill peaches and chops on rack of an uncovered grill directly over medium coals. Grill peaches 4 to 6 minutes or until lightly browned and just tender, turning once halfway through grilling. Grill chops 7 to 9 minutes or until slightly pink in the center (160°F), turning once halfway through grilling. (For gas grill, preheat grill. Reduce heat to medium. Add peach halves and chops to grill rack over heat. Cover; grill as above.)
5. Serve chops with slaw and sliced peaches. Garnish with cilantro sprigs. MAKES 4 SERVINGS.

*Hot chile peppers contain volatile oils Avoid direct contact and wear plastic or rubber gloves. If bare skin touches the chile peppers, wash well with soap and water.

EACH SERVING *595 cal, 30 g fat, 68 mg chol, 1,556 mg sodium, 58 g carbo, 4 g fiber, 26 g pro.*


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$2,500 WINNER: DESSERT CATEGORY
EDWINA GADSBY
GREAT FALLS, MONTANA

"My brother sent me a box of salted caramels, and I fell in love. They became the inspiration for the glaze. I love putting my own spin on something as classic as a bundt cake."

MARBLEOUS CHOCOLATE-PEANUT BUTTER CAKE WITH SALTED CARAMEL GLAZE

PREP: 30 MIN. BAKE: 40 MIN. COOL: 15 MIN. OVEN: 350°F

Nonstick cooking spray
2 cups all-purpose flour
4 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
⅛ tsp. ground cinnamon
½ cup unsalted butter, softened
1¼ cups granulated sugar
2 eggs
¾ cup sour cream
1 tsp. pure vanilla extract
⅓ cup milk
3 oz. bittersweet chocolate, melted and cooled
½ cup creamy peanut butter
1 recipe Salted Caramel Glaze, *right*
Sea salt (optional)

1. Preheat oven to 350°F. Lightly spray 10-inch fluted tube pan with cooking spray; set aside. In bowl stir together flour, baking powder, baking soda, salt, and cinnamon. Set aside.
2. In large mixing bowl beat butter with an electric mixer on low to medium speed 30 seconds. Add sugar; beat until fluffy. Add eggs, one at a time, beating on low to medium speed 1 minute after each addition and scraping bowl frequently. Beat in sour cream and vanilla. Alternately add flour mixture and milk to butter mixture, beating on low speed after each addition just until combined.
3. Divide batter into two bowls. Stir melted chocolate into half the batter until well combined. Stir peanut butter into remaining half until well combined.
4. Alternately drop spoonfuls of batter into prepared pan. Use a small metal spatula or butter knife to gently swirl the batters together (do not overmix).
5. Bake in preheated oven 40 to 45 minutes or until wooden toothpick inserted near center comes out clean. Cool 15 minutes on wire rack. Remove cake from pan; cool thoroughly on wire rack. Drizzle cake with half of the Salted Caramel Glaze. Sprinkle with Sea Salt. Pass remaining sauce. **MAKES 12 SERVINGS.**

SALTED CARAMEL GLAZE In heavy small saucepan melt ¼ cup *unsalted butter* over medium-low heat. Stir in ¼ cup *packed brown sugar* and ¼ cup *granulated sugar*. Bring to boiling, stirring constantly. Stir in ½ cup *whipping cream* and return to boiling. Boil 2 minutes, stirring constantly. Remove from heat; stir in ½ to ¾ tsp. *sea salt*. Cool completely. Makes about 1 cup.

EACH SERVING *466 cal, 27 g fat, 86 mg chol, 369 mg sodium, 53 g carbo, 2 g fiber, 7 g pro.*


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$2,500 WINNER:
PERSONAL FAVORITES CATEGORY
GRACE A. ECKSTORM
HOLDEN BEACH, NORTH CAROLINA

"I started with pork because it's one of my family's favorites, and I love cilantro so that's in there too. As for the island influence, there's just something about the Caribbean that I love, and it comes out when I'm creating recipes."

CARIBBEAN PORK LOIN WITH PINEAPPLE RAISIN RELISH

PREP: 45 MIN. ROAST: 1¼ HRS. OVEN: 325°F

PORK

- 1 cup packed fresh oregano leaves
- 1 cup packed fresh cilantro leaves
- ½ cup pineapple juice
- 1 Tbsp. finely shredded lime peel
- 3 Tbsp. lime juice
- 2 tsp. kosher salt
- 4 cloves garlic
- 1½ tsp. ground cumin
- ½ cup olive oil
- 1 4-lb. bone-in loin center rib roast

RELISH

- 1½ cups chopped pineapple
- 1 cup golden raisins
- 4 green onions, chopped
- ¼ cup pineapple juice
- 3 Tbsp. lime juice
- 2 Tbsp. chopped fresh cilantro
- ¼ tsp. kosher salt
- ¾ cup canola oil
- 16 6-inch corn tortillas, quartered
- 2 limes, quartered

1. Preheat oven to 325°F. In food processor or blender combine oregano, 1 cup cilantro, ½ cup pineapple juice, the lime peel, 3 Tbsp. lime juice, 2 tsp. kosher salt, the garlic, and cumin. Cover and blend or process until chopped. With the motor running, add the olive oil in a thin, steady stream until incorporated.

2. With sharp knife, score surface of pork roast with small slits. Place roast in roasting pan, bone side down. Pour herb mixture over roast. Roast, uncovered 1¼ to 1¾ hours or until an instant-read thermometer inserted into center of roast reads 160°F, spooning herb mixture over meat two or three times during roasting. Lightly tent with foil and let stand 10 minutes.

3. For relish, in bowl combine pineapple, golden raisins, green onions, ¼ cup pineapple juice, 3 Tbsp. lime juice, 2 Tbsp. cilantro, and ¼ tsp. kosher salt.

4. In large skillet, heat canola oil over medium heat. Cook tortilla wedges in hot oil 15 to 20 seconds per side. Drain on paper towels. Wrap in foil to keep warm.

5. To serve, cut meat from bone and thinly slice. Serve with tortilla wedges, relish, and garnish with lime wedges. **MAKES 8 SERVINGS.**

EACH SERVING *664 cal, 37 g fat, 76 mg chol, 643 mg sodium, 52 g carbo, 6 g fiber, 35 g pro.*



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$2,500 WINNER: HOLIDAY CATEGORY

MARY LOUISE LEVER

ROME, GEORGIA

"Rosemary and almond give these cookies the taste of my favorite destination—Tuscany. I've been there five times, and I love to use Tuscan flavors."



ROSEMARY-KISSED ORANGE THUMBPRINT COOKIES TUSCANO

PREP: 30 MIN. BAKE: 14 MIN. CHILL: 1 HR.
OVEN: 325°F

- 1 cup all-purpose flour
- ½ cup cornstarch
- 1 tsp. snipped fresh rosemary
- ¼ tsp. salt
- ¾ cup butter, softened
- ⅓ cup powdered sugar
- Few drops almond extract
- ¼ cup orange marmalade
- Powdered sugar

1. In small bowl stir together flour, cornstarch, rosemary, and salt; set aside. In medium mixing bowl beat butter with an electric mixer on medium to high speed 30 seconds. Add ⅓ cup powdered sugar and almond extract and beat until combined. Add flour mixture and beat until combined. Wrap and chill dough 1 hour or until easy to handle.

2. Preheat oven to 325°F. Line 2 baking sheets with parchment paper; set aside. Shape dough into twenty-four 1¼-inch balls. Arrange 2 inches apart on prepared baking sheets. Use thumb to make indentations in each cookie. Spoon about ½ tsp. marmalade into center of each.

3. Bake 14 minutes or until edges are lightly golden. Cool 1 minute on cookie sheets. Remove and cool completely on wire racks. Sprinkle with additional powdered sugar to serve. **MAKES 24 COOKIES.**

EACH SERVING *105 cal, 6 g fat, 15 mg chol, 67 mg sodium, 13 g carbo, 0 g fiber, 1 g pro.*


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*Kris-Etherton, et al.; Am J Clin Nutr 2000;71(suppl):179S-88S.



$2,500 WINNER: EVERYDAY EASY
ANGELA BUCHANAN
LONGMONT, COLORADO

"I grew up eating grits in Muncie, Indiana, but I also really love Moroccan food. This recipe bridges the two sides of my life."

CINNAMON ROASTED CHICKEN WITH PUMPKIN-SAGE GRITS

PREP: 10 MIN. **ROAST:** 18 MIN. **OVEN:** 400°F

- 4 4- to 6-oz. skinless boneless chicken breast halves
- 1 Tbsp. vegetable oil
- 1½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground black pepper
- 1½ cups water
- ⅔ cup instant grits (two 1-oz. packages)
- ½ cup canned pumpkin
- 1 Tbsp. snipped fresh sage
- ⅓ cup shredded cheddar cheese
- Sage leaves

1. Preheat oven to 400°F. Arrange chicken breast halves in 13×9×2-inch baking pan. Drizzle chicken with oil and sprinkle with *1 tsp.* of the salt, the cinnamon, and black pepper. Rub the spices over all sides of the chicken. Roast in preheated oven 18 to 20 minutes or until no longer pink and juices run clear.

2. Meanwhile, in medium saucepan bring water to boiling. Stir in grits until combined. Stir in pumpkin, sage, and *½ tsp.* salt. Return to boiling; reduce heat. Cook, uncovered, 5 to 7 minutes or until thickened, stirring frequently. Remove from heat; stir in cheese.

3. To serve, spoon grits onto dinner plates and top with chicken breast halves. Add sage leaves. **MAKES 4 SERVINGS.**

EACH SERVING *253 cal, 8 g fat, 76 mg chol, 1,162 mg sodium, 14 g carbo, 2 g fiber, 30 g pro.*



Go Online

For more, go to BHG.com/challenge

- Hear what makes our winners tick.
- See the behind-the-scenes story of the judging.
- Learn the top 3 secrets to scoring in a recipe contest.



fresh fixings

Dishes brightened with broccoli, beans, peas, and herbs bring spring's lively, seasonal colors and flavors to the table.

by MADISON MAYBERRY photos ANDY LYONS recipes and food styling JILL LUST

fast! READY IN 25 MINUTES

1 sweet potato hash

START TO FINISH 25 minutes
BUDGET $1.06 per serving

SWEET POTATO HASH

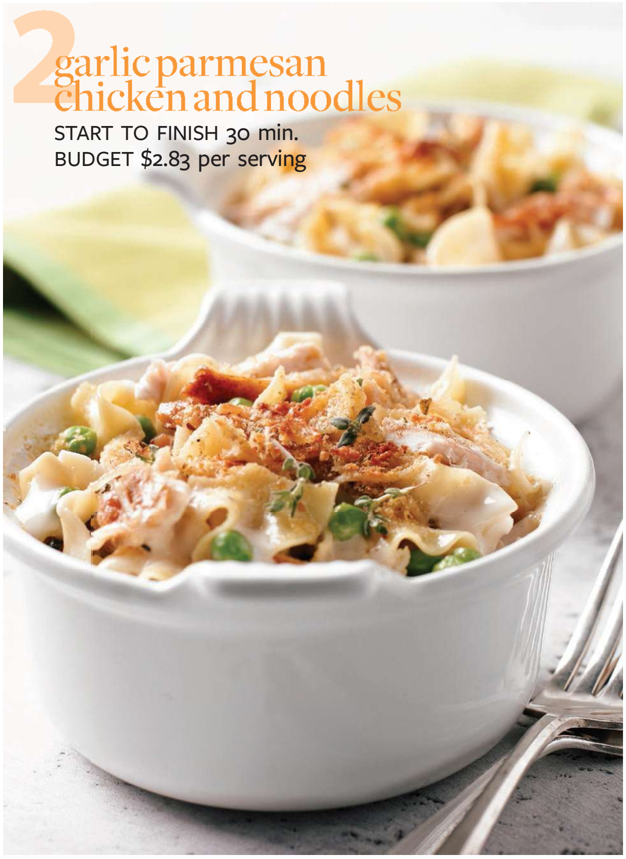
- 1 large or 2 small sweet potatoes, peeled and quartered (about 1 lb.)
- 1 Tbsp. vegetable oil
- 1 11-oz. can Southwestern-style corn with black beans and peppers, rinsed and drained
- ½ cup sour cream
- 2 Tbsp. chipotle salsa
- 3 medium avocados, peeled, pitted, and sliced
- Fresh cilantro leaves and chili powder (optional)

1. Place sweet potatoes in microwave-safe dish; cover and cook on 100% power (high) 5 to 8 minutes or just until tender enough to chop. Cool slightly; cut into chunks. Sprinkle lightly with *salt*.
2. In large skillet, heat oil over medium heat. Add potatoes; cook until browned and crisp-tender, about 3 minutes. Add drained corn to skillet. Cook 3 minutes or until potatoes are tender.
3. Meanwhile, stir together sour cream and chipotle salsa.
4. To serve, divide sweet potato mixture among 4 plates. Top with avocado and serve with chipotle sour cream sauce. Add cilantro and sprinkle chili powder.
SERVES 4.
EACH SERVING *246 cal, 14 g fat, 12 mg chol, 463 mg sodium, 29 g carbo, 5 g fiber, 4 g pro.*


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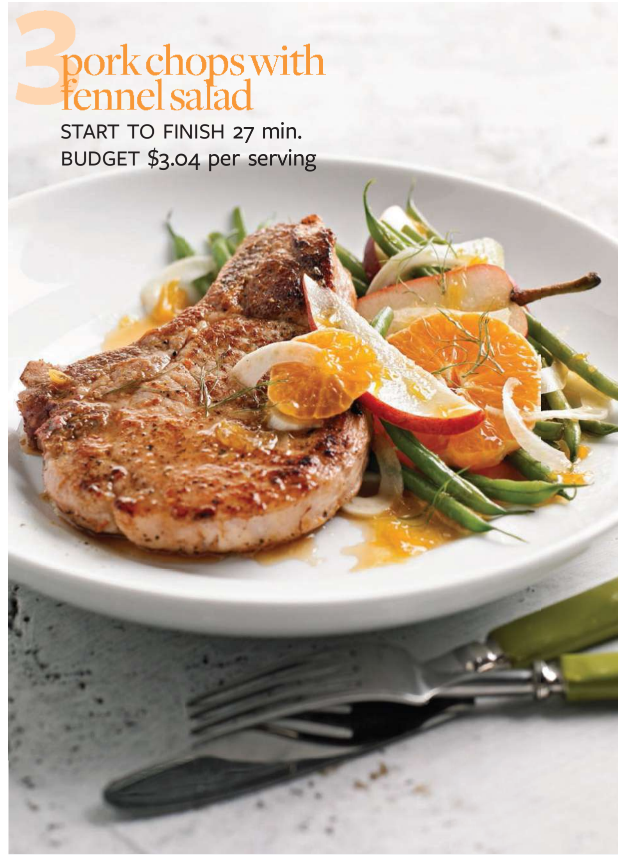
2 garlic parmesan chicken and noodles

START TO FINISH 30 min.
BUDGET $2.83 per serving



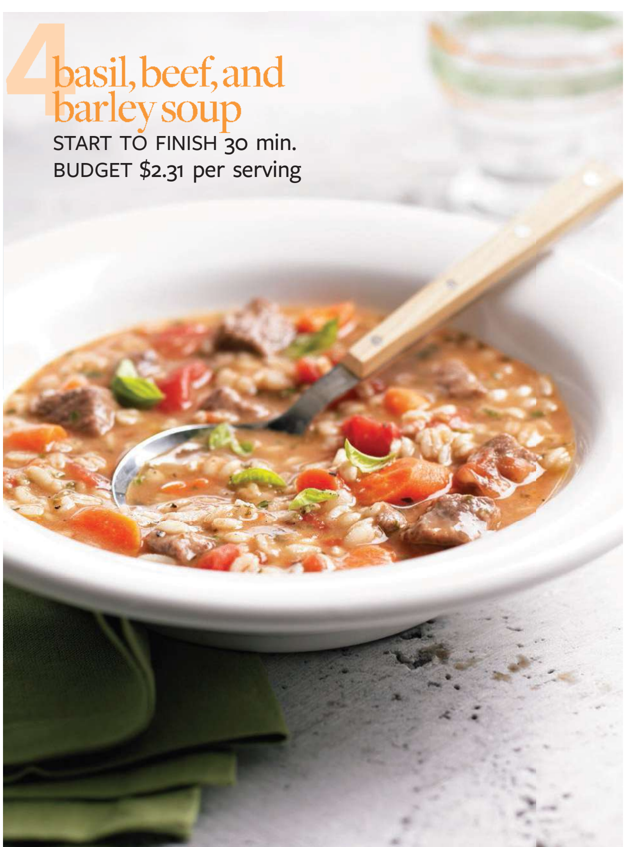
3 pork chops with fennel salad

START TO FINISH 27 min.
BUDGET $3.04 per serving



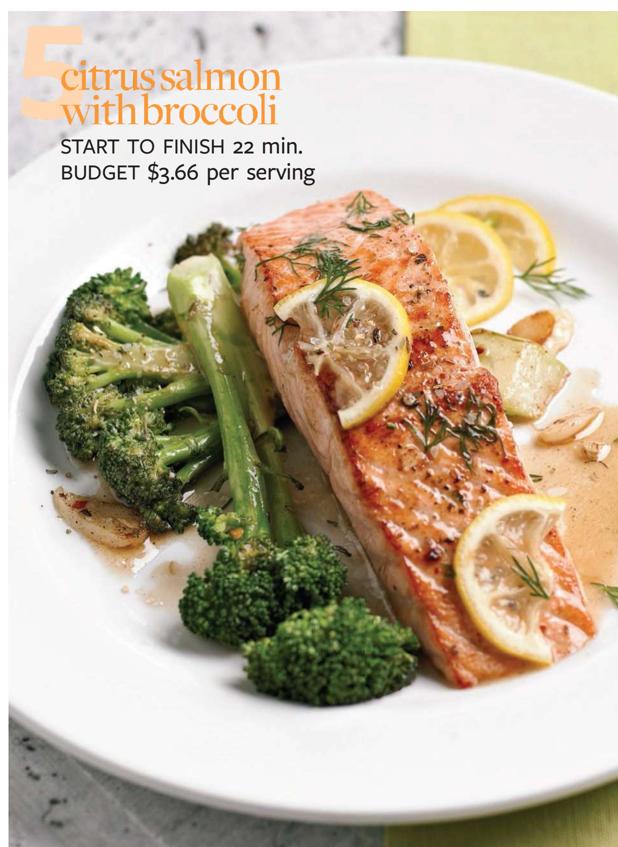
4 basil, beef, and barley soup

START TO FINISH 30 min.
BUDGET $2.31 per serving



5 citrus salmon with broccoli

START TO FINISH 22 min.
BUDGET $3.66 per serving



PORK CHOPS WITH FENNEL SALAD



- 4 ½-inch-thick pork loin chops
- 2 Tbsp. olive oil
- 2 oranges
- 12 oz. young green beans, trimmed
- 1 Tbsp. honey
- 1 red pear or apple, cored and thinly sliced
- ½ of a fennel bulb, cored and thinly sliced

1. Sprinkle chops lightly with *salt* and *pepper*. In 12-inch skillet heat *1 Tbsp.* of the olive oil. Add chops; cook 6 minutes. Turn chops and squeeze juice from ½ of one orange over chops. Cook 6 to 8 minutes more or until just pink in center.
2. Meanwhile, in another skillet place green beans with enough water to cover. Bring to boiling; reduce heat and simmer, covered, 8 minutes or until tender. Drain.
3. For fennel salad, juice remaining ½ orange in bowl. Stir in honey, *remaining* olive oil, ¼ tsp. *salt* and ¼ tsp. *pepper*. Peel and slice *remaining* orange. Add orange, pear, and fennel to the orange juice-honey mixture.
4. Place chops on serving plates with beans; spoon any pan juices over beans. Add fennel salad and top with fennel fronds. **SERVES 4.**

EACH SERVING *406 cal, 23 g fat 68 mg chol, 214 mg sodium, 27 g carbo, 7 g fiber, 25 g pro.*

GARLIC PARMESAN CHICKEN AND NOODLES

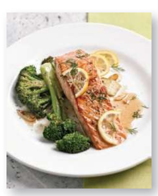


- 6 oz. extra-wide egg noodles
- 1 2- to 2¼-lb. purchased roasted chicken
- 1 cup frozen peas
- 4 cloves garlic, minced
- 1¾ cups whole milk or light cream
- ½ slice white or wheat bread
- ¾ cup shredded Parmesan cheese
- Snipped fresh thyme (optional)

1. Preheat oven to 450°F. In Dutch oven bring 6 cups *salted water* to boiling; add noodles. Cook 10 minutes or until tender; drain.
2. Meanwhile, remove chicken from bones. Discard skin and bones; shred chicken. In saucepan combine chicken, peas, garlic, and whole milk; heat through. Cover and keep warm.
3. In blender or food processor, process bread into coarse crumbs. Transfer to small bowl; add *¼ cup* of the Parmesan and 2 Tbsp. *melted butter*.
4. Stir noodles and *remaining* Parmesan into hot chicken mixture. Heat and stir until bubbly. Divide among 4 individual casserole dishes. Top each with some of the bread crumb mixture. Bake 5 minutes or until top begins to brown. Top with fresh thyme. **SERVES 4.**

EACH SERVING *701 cal, 37 g fat, 222 mg chol, 1,388 mg sodium, 45 g carbo, 3 g fiber, 50 g pro.*

CITRUS SALMON WITH BROCCOLI



- 1 lemon
- 1 Tbsp. sugar
- ½ Tbsp. butter
- 4 4-oz. skinless salmon fillets
- 1 Tbsp. snipped fresh dill
- 1 bunch (1 lb.) broccoli, trimmed
- 4 cloves garlic, peeled and sliced
- Lemon slices and fresh dill (optional)

1. Slice ½ of the lemon into thin slices; set aside. Juice *remaining* ½ lemon into a 1 cup measure; add *water* to equal ½ cup. Stir in sugar. Set aside.
2. In 12-inch nonstick skillet, heat butter over medium-high heat. Sprinkle salmon with *salt* and *pepper*; add to skillet. Cook 2 to 3 minutes or until bottom is golden; turn fillets. Add lemon juice mixture. Top with snipped dill and lemon slices. Reduce heat to medium; cover and cook 5 to 6 minutes more or until fish flakes easily when tested with fork.
3. Meanwhile, in another skillet heat 1 Tbsp. *olive oil*. Quarter broccoli lengthwise into long spears; add to skillet along with garlic. Cook over medium heat 8 to 10 minutes, or until crisp-tender, turning often. Serve salmon with broccoli; pour pan juices over salmon. Serve with additional lemon slices and fresh dill. **SERVES 4.**

EACH SERVING *363 cal, 25 g fat, 78 mg chol, 277 mg sodium, 12 g carbo, 3 g fiber, 26 g pro.*

BASIL, BEEF, AND BARLEY SOUP



- 1 lb. boneless sirloin steak
- ¼ cup all-purpose flour
- 1 Tbsp. dried basil, crushed
- 1 Tbsp. vegetable oil
- 1 cup quick-cooking barley
- 1 14.5-oz. can diced tomatoes with basil, garlic, and oregano
- 1 cup packaged peeled fresh baby carrots, bias sliced
- 1 cup lower-sodium beef broth
- Small fresh basil leaves (optional)

1. Cut steak into ½-inch pieces. In shallow dish combine flour, basil, ½ tsp. *salt*, and 1 tsp. *black pepper*; add meat and toss to coat.
2. In 4- to 5-quart Dutch oven, heat oil over medium-high heat. Add steak; cook until browned on all sides. Stir in any remaining flour mixture. Stir in barley, tomatoes (do not drain), carrots, beef broth, and 3 cups *water*. Bring to boiling; reduce heat. Cover and simmer 10 minutes.
3. Ladle into bowls and top with fresh basil. **SERVES 4.**

EACH SERVING *507 cal, 19 g fat, 53 mg chol, 1,014 mg sodium, 55 g carbo, 7 g fiber, 31 g pro.*

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ham it up

Loaded with vegetables and herbs, this soup gets a burst of robust flavor from a surprisingly small amount of ham.

by RICHARD SWEARINGER photos ANDY LYONS
food styling JILL LUST recipe LAURA MARZEN, R.D.



HAM AND PEA SOUP
Recipe on page 199

what makes it better

NONFAT YOGURT
A dollop in your soup may not seem like much, but your body absorbs the most calcium when you eat small amounts of low- or non-fat dairy thoughout the day.

REDUCED-SODIUM HAM See "Spotlight on Ham," *page 199*.

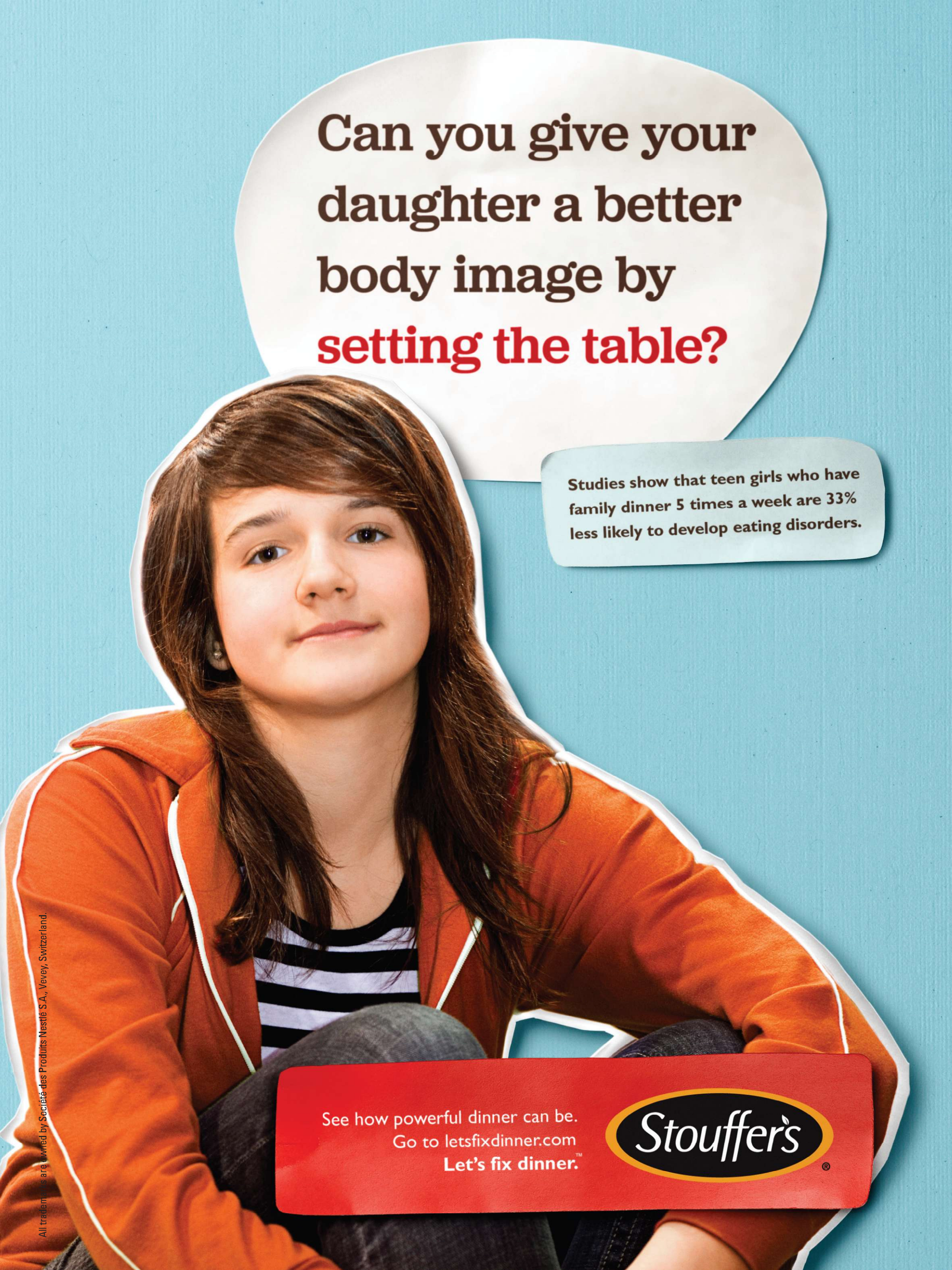
PEAS
Peas are a good source of fiber, niacin, and folate, but they're also packed with thiamine—a B vitamin usually thought of as only coming from whole grains. Thiamine is essential for muscle and nerve function; one cup of peas provides 40 percent of a woman's daily requirement.

LEMON AND FRESH HERBS
These flavor boosters do their magic without adding fat, sodium, or calories to food.

THE BOTTOM LINE How this fresh pea soup with ham compares to a classic split-pea soup recipe.

50 PERCENT FEWER CALORIES | **28** FEWER GRAMS OF CARBS | **3** TIMES MORE VITAMIN A | **20** PERCENT LESS SODIUM


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HAM AND PEA SOUP

PREP: 20 MIN. COOK: 15 MIN.

- 6 oz. lower-sodium, lower-fat ham (1 cup), cut in bite-size pieces
- 2 tsp. canola oil
- 12 oz. fresh peas or one 10-oz. pkg. frozen baby peas
- 2 cups water
- 1 14-oz. can reduced-sodium chicken broth
- 2 medium carrots, sliced ¼ inch thick
- 2 stalks celery, sliced ½ inch thick
- 1 bunch green onions, bias-sliced
- 1 Tbsp. snipped fresh tarragon, or ½ tsp. dried tarragon
- Lemon wedges
- Half of an 8-oz. carton nonfat yogurt

1. In large saucepan brown ham in hot oil over medium heat without stirring for 3 minutes. Stir and brown the other side for 2 to 3 minutes.
2. Add peas, water, broth, carrots, celery, green onions, and tarragon. Bring to boiling. Reduce heat; simmer, covered, for 5 to 10 minutes or until peas and carrots are tender.
3. To serve, divide soup among four soup bowls. Pass lemon wedges and yogurt. **MAKES 4 SERVINGS.**

EACH SERVING *176 cal, 4 g fat, 19 mg chol, 586 mg sodium, 21 g carbo, 6 g fiber, 14 g pro.*

{ spotlight on } ham



Ham can be a good fit in a healthful diet. Here's why:

LOWER SODIUM
Pork producers are rolling out reduced-sodium hams. Hormel has Natural Choice applewood smoked ham with 550 mg sodium per 2-ounce serving (*hormelnatural.com*); other brands of reduced-sodium hams are available regionally. Compare this to a 2-ounce serving of regular ham with 900 mg of sodium, a third of your daily allowance.

LESS FAT
With 1 to 3 grams of fat per 1-ounce serving, ham is about as lean as beef sirloin, some fish, and chicken breast. That makes ham a good choice for adding smoky flavor—but little fat—to dips, casseroles, and vegetable dishes.

INVITING FLAVOR
"There's something about vegetables cooked with just a little ham that makes them irresistible," says Laura Marzen, R.D., *Better Homes and Gardens* Test Kitchen nutrition expert. "You can put healthful food on the table, but if no one eats it, no one gets the benefit."

"The lesson here is that there are ways to enjoy foods like ham when you keep serving sizes small—just an ounce per person goes a long way in enhancing a soup's flavor."

—LAURA MARZEN, R.D., *BETTER HOMES AND GARDENS®* TEST KITCHEN NUTRITIONIST



3 TRY THESE SOUP CHANGE UPS

ASIAN-INSPIRED Add 1 cup cubed tofu, trade the peas for shelled edamame, and stir in a teaspoon or two of reduced-sodium soy sauce.

SPICY CAJUN Stir in a cup of chopped sweet pepper and a teaspoon of Cajun or Creole seasoning. Swap the lemon for the juice of half a lime.

SOUTHWESTERN Mix in 1 cup rinsed, drained canned black beans and a cup of fresh or frozen corn. Finish with a jalapeño chile pepper, seeded and finely chopped.



deliciously simple.

PHILADELPHIA VANILLA MOUSSE CHEESECAKE

Prep Time: 20 min. • Total Time: 6 hours 15 min. (incl. refrigeration) • Serves: 16

- 40 NILLA Wafers, crushed (about 1½ cups)
- 3 Tbsp. butter or margarine, melted
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened, divided
- 1 cup sugar, divided
- 1 Tbsp. plus 1 tsp. vanilla, divided
- 3 eggs
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

HEAT oven to 325°F. Mix wafer crumbs and butter; press onto bottom of 9-inch springform pan.

BEAT 3 pkg. cream cheese, ¾ cup sugar and 1 Tbsp. vanilla with mixer until well blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 50 to 55 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool completely in pan.

BEAT remaining cream cheese, sugar and vanilla with mixer in large bowl until well blended. Whisk in COOL WHIP; spread over cheesecake. Refrigerate 4 hours. Remove rim of pan before serving cheesecake. Garnish with fresh berries if desired.









simply delicious.

LEMON-RASPBERRY MOUSSE SQUARES

Prep Time: 15 min. • Total Time: 4 hours 15 min. (incl. refrigeration) • Serves: 12

- 48 NILLA Wafers, divided
- ¾ cup boiling water
- 1 pkg. (3 oz.) JELL-O Lemon Flavor Gelatin
- 1 cup ice cubes
- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- ¼ cup sugar
- 2 tsp. lemon zest
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- ⅓ cup raspberry preserves
- 1½ cups fresh fruit

STAND 16 wafers around edge of plastic wrap-lined 8-inch square pan. Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Stir in ice until melted.

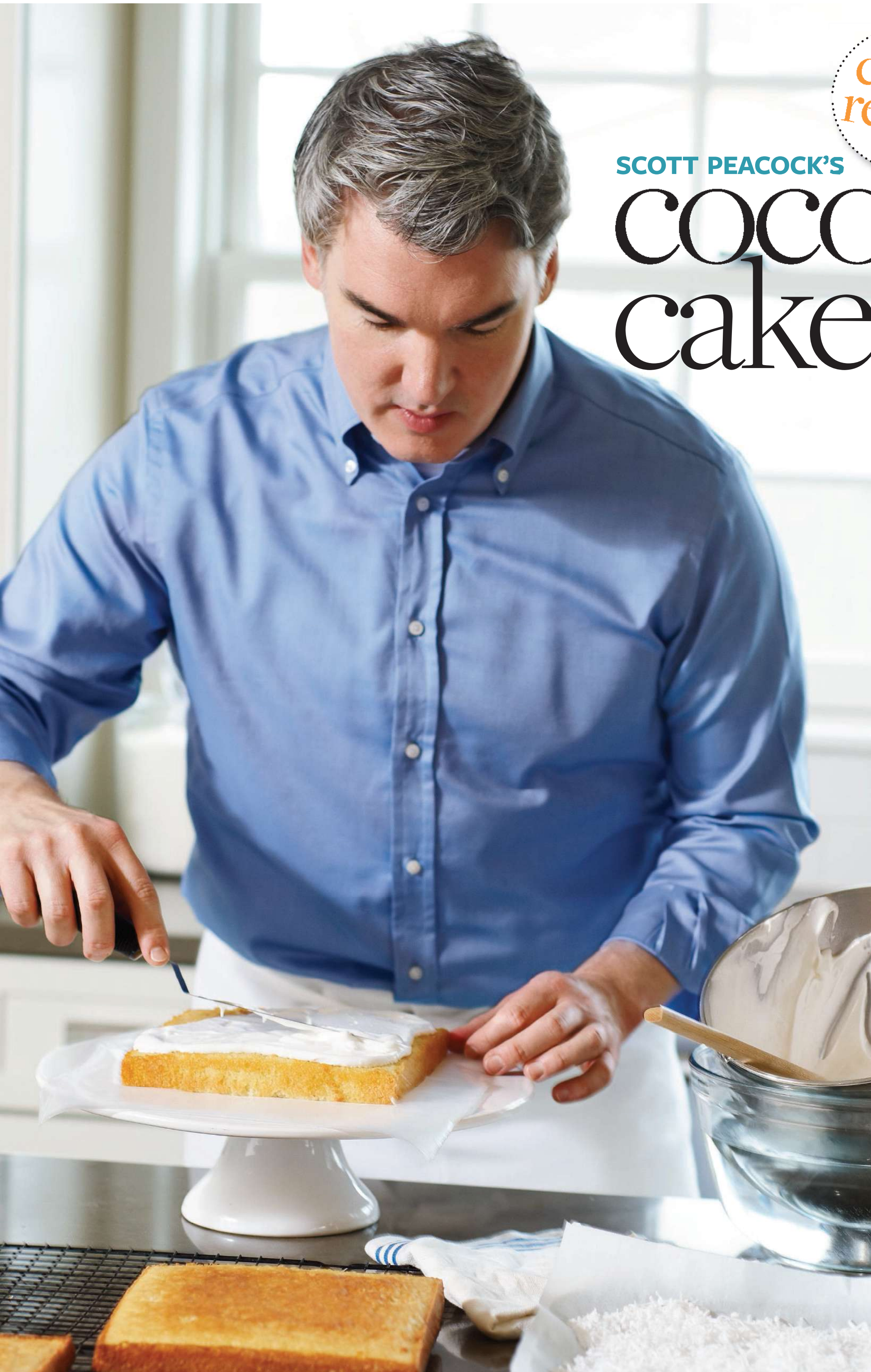
BEAT next 3 ingredients in large bowl with mixer until blended. Gradually beat in gelatin. Whisk in 2 cups COOL WHIP.

POUR half the gelatin mixture into prepared pan; cover with 16 wafers. Microwave preserves on HIGH 15 sec. or until melted; brush onto wafers. Top with remaining gelatin mixture and wafers.

REFRIGERATE 4 hours or until firm. Invert dessert onto plate; top with remaining COOL WHIP and fruit.



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cover recipe

SCOTT PEACOCK'S

coconut cake

Billowy, creamy, vanilla-flavored frosting and showers of feathery fresh coconut make this dessert a dazzler. It's easy to prepare once you learn the trick to opening fresh coconuts. "My first kitchen job was cracking coconuts when I was 4," says Scott. "I've simplified the method since then, and I can teach it to anyone."

Recipe begins on *page 204*.

by RICHARD SWEARINGER produced by NANCY WALL HOPKINS and SCOTT PEACOCK photos ANDY LYONS recipe SCOTT PEACOCK food styling JILL LUST



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the ideal coconut cake

NOTHING SAYS SPECIAL OCCASION LIKE A THREE-LAYER CAKE. SERVE IT AS THE GRAND FINALE FOR AN EASTER BRUNCH, AT A WEDDING, OR AS THE REWARD FOR A HOUSEHOLD TASK WELL DONE.



INGREDIENTS

PREP: 1¼ HRS. BAKE: 20 MIN. OVEN: 350°F

BATTER

- 5 eggs
- 1 cup unsalted butter
- 1 cup whole milk
- 3 cups sifted cake flour
- 1 Tbsp. baking powder
- ½ tsp. kosher salt
- 2 cups sugar
- 1 Tbsp. pure vanilla extract

FROSTING

- 1 fresh coconut, husk and peel removed and grated or finely shredded (3 to 4 cups)
- 3 egg whites
- 2 cups sugar
- ¼ tsp. cream of tartar
- ¾ cup water
- ¼ tsp. kosher salt
- 2 tsp. pure vanilla extract

PREPARE BATTER Let eggs, butter, and milk stand at room temperature for 30 minutes. Preheat oven to 350°F. In a medium bowl combine cake flour, baking powder, and kosher salt; spoon flour mixture onto a square of waxed paper. "It makes adding flour to the bowl much neater," says Scott. Butter three 8×8×2-inch square or three 8×1½-inch round cake pans; line bottoms with waxed paper. Butter waxed paper and lightly flour; set aside.
COMBINE WET AND DRY In large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add 2 cups sugar and 1 Tbsp. vanilla; beat 3 to 4 minutes on medium speed until well combined. Add eggs, one at a time, beating well after each addition. Using waxed paper as a funnel for flour, alternately add flour mixture and milk to butter mixture, beating on low after each addition until just combined. "It should be satin smooth," says Scott. Divide batter among the three pans.
BAKE AND COOL Bake 20 to 25 minutes or until tops spring back when lightly touched. Cool layers in pans on wire racks for 10 minutes. Remove the cake layers from pans; peel off waxed paper and discard. Cool on wire racks.
DRAIN COCONUT WATER With an ice pick or nut pick make holes in two of the eyes with a pressing, twisting motion. If eyes are especially tough, tap top of pick with hammer. Pour coconut water into measuring cup. "Some folks use this water as a replacement for part of the milk in the cake layer recipe. I enjoy drinking the coconut water over ice."
CRACK SHELL Hold coconut in one hand and with hammer tap—somewhat assertively—rotating the coconut as you strike. "The goal is not to smash it open, but to systematically tap and loosen the shell, so tap up and down and all around," says Scott. "Rotate and tap a bit more aggressively as you go. After 2–3 minutes of this you will hear a change in the sound of the tapping and then a cracking sound, which indicates the shell has been split." Separate coconut into pieces, tapping with hammer as necessary.







food AMERICAN CLASSICS

"Let your ears guide you to a good coconut: Listen for clear sounds of sloshing when you shake one. It should also feel heavy; heft a few to get an idea of what's normal. Once opened, it should be snowy white with a clean smell and delicate taste. The coconut water should be clear and not at all sour. Any problems, exchange it."





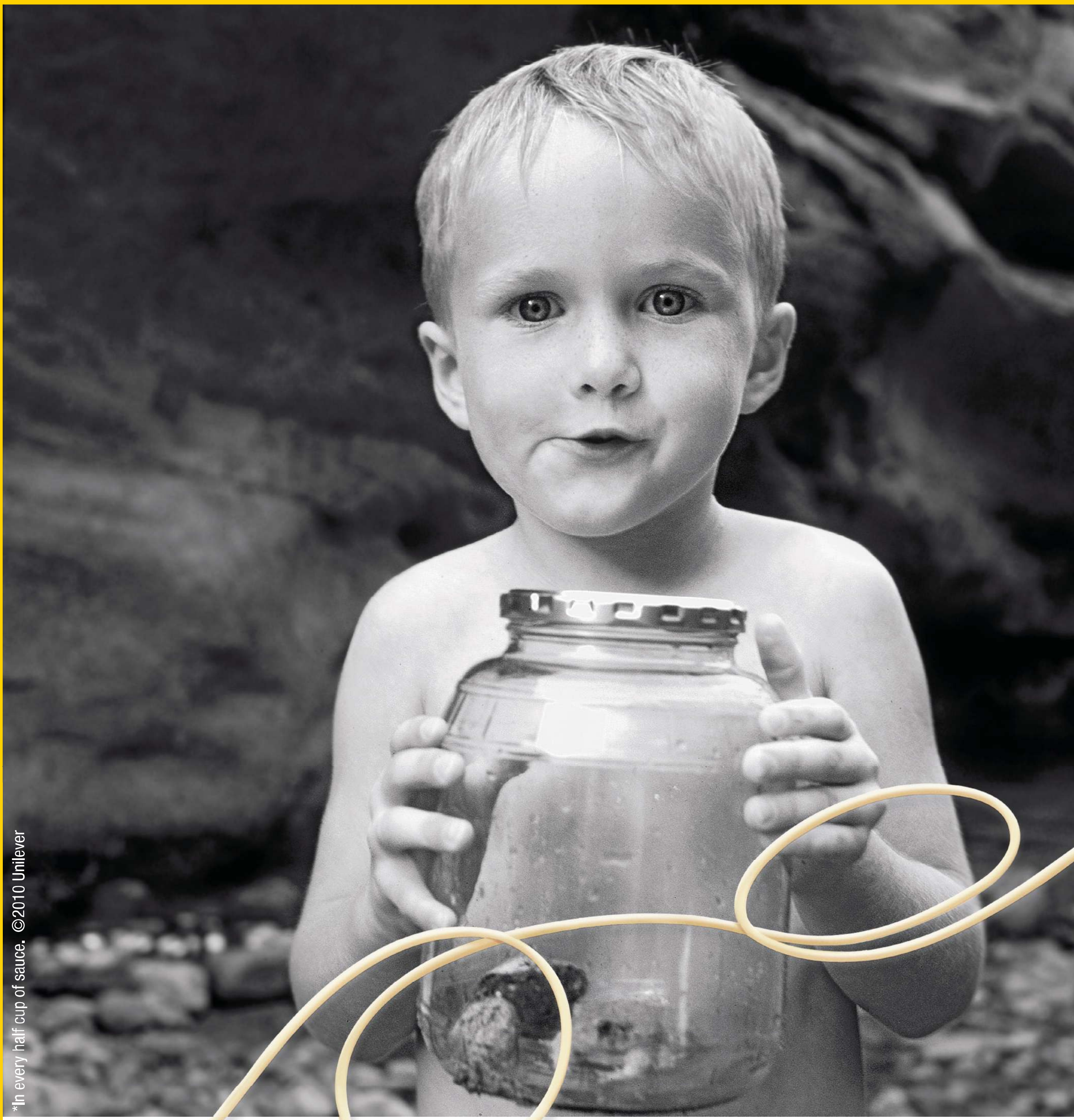
REMOVE COCONUT MEAT On towel-protected counter slowly work thin-blade knife between coconut and shell. With vegetable peeler remove brown skin from coconut. Using smallest holes on box grater, shred coconut.
MAKE SUGAR SYRUP Let egg whites stand at room temperature 30 minutes. In medium saucepan combine 2 cups sugar, cream of tartar, and water. Cook and stir over low heat until sugar is dissolved. Cover, bring to boiling; boil 2 minutes. Remove cover; attach candy thermometer to pan and cook, without stirring until 240°F (5 to 10 minutes).
BEAT WHITES Meanwhile, in large mixing bowl beat egg whites with electric mixer on medium to high until frothy. Add 1/4 tsp. salt and beat just until stiff peaks begin to form.
STREAM IN SYRUP With the mixer running on low, slowly pour in hot syrup. Beat in the 2 tsp. vanilla. Increase speed to medium-high; beat until light and fluffy and a dollop of whites lifted off the beater holds its shape (3 to 4 minutes).





ASSEMBLE CAKE On serving plate or stand arrange first cake layer on 2-inch-wide strips of waxed paper. "Once you're done frosting," Scott says, "remove the waxed paper and your plate is pristine." Spread top of each layer with frosting, then sprinkle generously with shredded coconut. If frosting starts to thicken, set over bowl of hot water. When cake is completely frosted heap with additional coconut, pressing gently with your fingers to bed the coconut.
REMOVE WAXED PAPER With a broad knife or spatula gently lift base of cake and slide waxed paper free. Repeat on all sides of cake. **MAKES 16 SERVINGS.**
EACH SERVING *482 cal, 19 g fat, 98 mg chol, 219 mg sodium, 74 g carbo, 2 g fiber, 6 g pro.*

Scott Peacock is executive chef of Watershed Restaurant in Decatur, Georgia. Want to learn more? Watch Scott demonstrate this recipe—and his other American Classics—at *bettertv.com*. For additional how-to photos log on to *BHG.com/americanclassics*.


*In every half cup of sauce. ©2010 Unilever

FRESH-PICKED
artichokes

Right now is the peak of fresh artichoke season. Here's a miniguide for how to cook and eat this delectable vegetable.

BUY Look for firm, compact globes that are heavy for their size, with large, tightly closed leaves.

STORE Refrigerate in a plastic bag for up to a week.

COOK Plan on one per person. Trim stem, outer leaves, and prickly tips from inner leaves. Cut an inch from the pointed top of the artichoke. Cook in lightly salted boiling water for 25 minutes. Drain stem side up.

EAT Pull off leaves one at a time and dip yellow ends in melted butter with a little lemon juice stirred in. Draw leaf through your teeth, scraping off only tender flesh; discard the tough ends of leaves. Scoop or cut out fuzzy choke and discard. The best is left for last: Cut up the heart with a knife and fork, and enjoy.



ANATOMY OF AN ARTICHOKE

1. LEAVES At the base of each tough leaf is a bite of tender flesh.

2. CHOKE Once the outer leaves are removed, the fuzzy choke is easy to see; cut away and discard.

3. HEART The jackpot; consider it a reward for getting through the outer layers.

4. STEM Before cooking, slice stem off to make a flat base for artichoke to rest on.

PHOTO: BLAINE MOATS; FOOD STYLING: GREG LUNA; ARTICHOKES COURTESY OF OCEAN MIST FARMS, OCEANMIST.COM

better cook

TOOLS & TIPS FOR EVERYONE WHO LOVES TO EAT

produced by MAGGIE MEYER, ERIN SIMPSON, and MADISON MAYBERRY


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better tool

OXO Good Grips Silicone Pastry Brush

Tapered silicone outer bristles and a center piece with holes make transferring liquids like butter, egg-wash, and milk from bowl to pastry easy. **WHAT WE LIKE** This brush can go straight into the dishwasher, and the bristles won't retain odor, clump, or frizz. OXO Good Grips Silicone Pastry Brush, $7; *oxo.com*



LEFTOVERS

Craving potato soup? Start with leftover or store-bought mashed potatoes. Whisk potatoes into warm chicken broth until thickened and smooth. Stir in chopped green onions and top with diced red sweet peppers or bacon.



COOK'S TIP

For mess-free pancakes, mix the batter and pour it into a clean ketchup bottle. Squeeze perfect rounds, refilling the bottle as needed. You can store remaining batter in the refrigerator up to two days.

TIME SAVER

Cut up and freeze leftover bread or unused baguette for a simple, satisfying snack. Place slices on a baking sheet, drizzle with olive oil, and bake at 375°F for 15 minutes. Spread with refrigerator staples such as cheese and fruit preserves, then top with whatever fresh herbs you have on hand.



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Honey varies in flavor—from subtle to boldly floral and earthy—based on origin, making it versatile enough for dinner and dessert.

BLUEBERRY-HONEY SAUCE

Heat about a cup of blueberries, ¼ cup honey, and a little lemon juice over medium heat. Simmer until slightly thickened and reduced by half. Serve over pound cake or ice cream.

HONEY-GLAZED PORK

Stir together equal parts honey and lime juice, a hefty dash of soy sauce, and pinch of crushed red pepper. Roast a pork tenderloin in a 425°F oven for 20 to 25 minutes, brushing with a little of the glaze half-way through. Simmer remaining glaze until slightly reduced; serve with the pork.

HONEY-ORANGE SPREAD

Mix together a 3-oz. package of softened cream cheese, 2 tablespoons of honey, and a bit of finely shredded orange peel. Spread on bagels or toast.

Better Homes and Gardens® PRIZE TESTED RECIPES The Annual Challenge

Here are the winning sponsor recipes from our ***2009 Prize Tested Recipes: The Annual Challenge***.

Over 6,000 readers entered, but only three were selected to win $2,500 each from **Hidden Valley**, **Lindsay Olives** and **Sun-Maid**.

Log on to **BHG.com/PTR** to see video demonstrations of the sponsor-winning recipes and turn to page 178 to see all our winning recipes.

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SUN-MAID



HIDDEN VALLEY RANCH Winner
Prosciutto Ranch Shrimp-on-the-Barbie with Grilled Caesar Romaine

Antoinette Owens — Ridgefield, CT
Start to Finish: 1 hour 38 minutes

- 16 fresh or frozen large shrimp in shells (about 1 lb.)
- ½ of an 8-oz. package whipped cream cheese
- 1 1-oz. package **Hidden Valley® Original Ranch® Dressing Mix**
- 1 Tbsp. milk
- 8 very thin slices prosciutto, halved lengthwise
- ⅔ cup extra virgin olive oil, divided
- 2 Tbsp. lemon juice
- 1 ½ tsp. snipped fresh rosemary
- 1 ½ tsp. coarse grain mustard
- 1 clove garlic, minced
- ¼ tsp. salt
- 2 heads romaine lettuce, halved lengthwise
- Shaved Parmesan cheese

1. Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp and pat dry with paper towels. Place cream cheese in a medium microwave-safe bowl. Microwave, covered, on 100% power (high) for 30 to 60 secs. or until softened and to the consistency of a vegetable dip. Stir in 1 Tbsp. of the dressing mix and 1 Tbsp. milk.

2. Dip shrimp in cream cheese mixture, coating completely. Allow excess cream cheese to drip off. Wrap a piece of prosciutto around the shrimp and place shrimp in a 3-quart rectangular baking dish. Repeat with remaining shrimp.

3. In a small bowl whisk together ⅓ cup oil, lemon juice, rosemary, mustard, garlic and salt. Drizzle over shrimp. Turn shrimp to coat in oil mixture. Cover and chill for 1 hour, turning shrimp once halfway through chilling.

4. Thread shrimp onto 4 12-inch skewers,* leaving ¼-inch space between shrimp.

5. In a small bowl combine ⅓ cup oil and remaining dressing mix. Brush evenly over lettuce halves.

6. For a charcoal grill, grill lettuce halves, on the rack of an uncovered grill directly over medium coals for 3 to 4 minutes or until browned, turning once halfway through grilling. Remove from grill. Grill shrimp skewers on the rack of an uncovered grill directly over medium coals for 5 to 6 minutes or until shrimp are opaque, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place lettuce on grill rack over heat. Cover and grill as above; then grill shrimp as above).

7. To serve, place a lettuce half on each of 4 serving plates. Top each with a shrimp skewer and sprinkle with cheese. Serve with Caesar salad dressing. Makes 4 servings.

*If using wooden skewers, soak in water to cover for at least 30 mins. before using.



LINDSAY® OLIVES Winner
Tour of Europe Soup

Kristie Schley — Pasadena, MD
Start to Finish: 1 hour 40 minutes

- 1 ¼ cups French green lentils (8-ounces)
- Water
- 6 cups low sodium beef broth
- ¼ cup canned tomato paste
- ½ tsp. ground black pepper
- 1 Tbsp. olive oil
- 8 ounces (about 3) smoked bratwursts, halved lengthwise and sliced ½-inch thick
- ½ cup **Lindsay® Spanish Manzanilla Olives**, coarsely chopped
- ½ cup **Lindsay® Greek Kalamata Olives**, pitted, coarsely chopped
- 4 cups coarsely chopped Swiss chard (6 ounces)
- ½ cup Chianti wine
- 2 English muffins, split
- 1 Tbsp. olive oil
- ½ cup crumbled blue cheese

1. In a large pot cover the lentils with boiling water and allow to stand 15 minutes. Drain and return lentils to pot. Add beef broth, tomato paste and black pepper. Bring to boiling; reduce heat. Simmer, covered, 30 minutes.

2. Meanwhile, in a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add bratwursts, manzanilla olives and kalamata olives and cook 3 to 4 minutes or until bratwursts are lightly browned. Add Swiss chard and cook 4 to 5 minutes more or until wilted.

3. Add bratwurst mixture to pot with lentil mixture. Pour Chianti into hot skillet to deglaze, scraping up any browned bits with a wooden spoon. Transfer to pot with lentil mixture. Simmer, covered, 15 to 20 minutes more or until lentils are tender.

4. Meanwhile, brush cut sides of English muffins with 1 tablespoon olive oil. Sprinkle with blue cheese. Arrange on a baking sheet, and broil under high heat for 3 to 4 minutes or until cheese is melted and golden brown. Cut toasted English muffins into 1-inch pieces.

5. Serve soup topped with English muffin croutons. Makes 4 servings.



SUN-MAID® Winner
Mango Mojito Rice Pudding

Patterson Watkins — Philadelphia, PA
Preparation Time: 30 minutes
Start to Finish: 2 hours 50 minutes

- 4 ½ cups whole milk
- ½ cup rum
- 1 Tbsp. vanilla
- ½ cup sugar
- ⅛ tsp. salt
- ¾ cup uncooked short or medium grain rice
- 4 egg yolks
- 3 mangoes, peeled, seeded and chopped
- 1 ½ cups **Sun-Maid® raisins**
- 1 Tbsp. finely shredded lime peel
- ¼ cup fresh lime juice
- ¼ cup small mint leaves or coarsely snipped mint leaves

1. In a large, heavy-bottomed saucepan combine milk, rum, vanilla, sugar and salt. Bring to a simmer; stir in rice. Reduce heat; simmer, uncovered, for 20 to 30 minutes or until mixture is slightly thickened and rice is tender.

2. In a large bowl whisk egg yolks until fluffy, about 3 minutes. Gradually whisk about 2 cups of the rice mixture into the egg yolks.

3. Return the egg yolk mixture to the saucepan. Bring mixture just to a boil over medium low heat, stirring constantly. Remove from heat.

4. Fold in the mangoes, raisins, lime peel and lime juice. Pour mixture into a 3-quart rectangular baking dish. Cover and chill for 2 to 3 hours before serving. Garnish with mint. Makes 8 servings.



IN A PINCH

"I stir a few spoonfuls of jam into frosting as a substitute for food coloring. It's an easy way to add flavor, too."

ERIN SIMPSON, ASSOCIATE FOOD EDITOR, *BETTER HOMES AND GARDENS*

84%

of BHG readers create recipes based on ingredients they have on hand.

One universal staple: protein-packed eggs. To find ways to put them to use around the clock see "Egg Class," *page 214*.

—*BETTER HOMES AND GARDENS*® FOOD FACTOR STUDY: HOW AMERICA COOKS, EATS, AND SHOPS

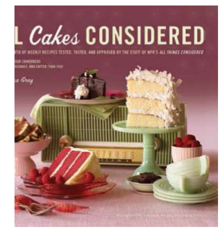


TRIED THIS? Sturdy enough to hold up in spring pasta salads, Dreamfields is pasta with a healthy twist. Each of Dreamfields' seven pastas, including angel hair and rotini, has a 65% lower glycemic index than regular pasta and as much fiber as two cups of broccoli per serving. Dreamfields Angel Hair Pasta, $2.49 for 13.25-oz. box; ***dreamfieldsfoods.com***



site-seeing

TASTESPOTTING.COM encourages you to eat with your eyes first, gathering thousands of mouthwatering photos and recipes from some of the best food blogs on the Web. The site also features reviews on new and unique products and food trends from around the globe. Have a great photo you want to share? Sign up and submit your photo for a chance to see your creation in the spotlight.



better finds

All Cakes Considered

Melissa Gray, producer for National Public Radio's *All Things Considered*, started a tradition of bringing cakes to work on Mondays for coworkers. In her book, Gray shares tips and more than 50 recipes from her Mondays as NPR's "cake lady." *All Cakes Considered*, $24.95; *chroniclebooks.com.*



meet the mixer

Liz Brooks created the "Favorite Easy Meals" group on *mixingbowl.com*, our social networking site for foodies. "A family campout, complete with outdoor cooking, is a great way to get outside and utilize your backyard," says the busy mom and food writer. "We set up tents and have a small bonfire. We let the kids roast hot dogs and toast marshmallows for s'mores." Find Liz at *mixingbowl.com/user/Liz_Brooks.*

Mixing Bowl
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SANDRA LEE

TV Host and Editor-in-Chief of *Sandra Lee Semi-Homemade* Magazine

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egg class

by ERIN SIMPSON

Your guide to buying, storing, and enjoying eggs.

WHAT'S WHAT AT THE MARKET

CONVENTIONAL These everyday supermarket eggs come from hens raised on large farms using cage systems. Feed, water, security, and temperature are controlled for production efficiency.

NUTRIENT-ENRICHED Some commercially raised hens are fed specially formulated feed to enhance nutrient content in their eggs. These additional nutrients may include folate, Omega-3, and lutein.

ORGANIC Laying hens are raised according to USDA organic standards including being given feed grown without most conventional or commercial pesticides, fungicides, or fertilizers.

CAGE-FREE Hens are raised indoors in floor facilities that allow the birds to roam. The roaming area can be a building, an open area, or a room with unlimited access to food and water.

FREE-RANGE The USDA has not established a meaning for this term. Generally it means the hens have access to the outdoors. There's no requirement for the duration or type of outdoor access the hens are given.

BROWN VS. WHITE There is no nutritional difference between white and brown eggs. The breed of hen determines shell color—hens with white feathers lay white eggs and hens with red feathers lay brown. Since brown egg layers are slightly larger birds and need more food, brown eggs are usually more expensive.


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POLENTA WITH EGGS AND ZUCCHINI

START TO FINISH: 40 MIN.

- ½ cup dried tomatoes
- 2 ¼ cups milk
- 1 14-oz. can reduced-sodium chicken broth
- 1 cup yellow cornmeal (polenta)
- ⅓ cup grated Parmesan cheese
- 1 Tbsp. olive oil
- 1 small onion, thinly sliced
- 2 small zucchini and/or yellow summer squash, thinly sliced lengthwise
- 1 small yellow or green sweet pepper, cut into strips
- 1 small lemon
- 8 eggs
- Fresh Italian (flat-leaf) parsley, shaved Parmesan cheese, and/or Italian seasoning (optional)

1. In small bowl cover dried tomatoes with boiling water; set aside. In large saucepan combine milk and broth; bring just to boiling over high heat. Gradually whisk in cornmeal. Reduce heat to medium-low. Cook, stirring frequently, for 12 to 15 minutes or until thick and creamy. Stir in grated Parmesan cheese. Reduce heat to low; cover to keep warm.
2. Meanwhile, drain tomatoes. In large skillet heat olive oil over medium heat. Add onion, zucchini, sweet pepper, and dried tomatoes. Cook 3 to 5 minutes or until tender. Season with *salt* and *pepper.* Remove from heat; cover to keep warm.
3. In another deep large skillet, add water until half-full (See "Poached," *right*). Squeeze half of lemon into skillet. Cut remaining half into wedges; set aside. Bring water and juice to simmer. Break eggs one at a time into a small cup and slide into water. Cook 4 eggs at a time in simmering water for 4 to 5 minutes until whites are firm and yolks are firm but still a little soft. Remove with slotted spoon; drain on paper towel-lined plate. Repeat.
4. To serve, ladle polenta into bowls and top with zucchini mixture and 2 poached eggs. Sprinkle with fresh parsley, Italian seasoning and/or Parmesan cheese. Serve with lemon wedges. **MAKES 4 SERVINGS.**

EACH SERVING *465 cal, 21 g fat, 445 mg chol, 953 mg sodium, 44 g carbo, 6 g fiber, 29 g pro.*



HERBED DEVILED EGG BRUSCHETTA

These toasts make lovely Easter dinner appetizers. Or serve alongside a salad as a light lunch for four.

START TO FINISH: 45 MIN.

- 4 eggs
- 2 Tbsp. snipped fresh chives
- 1 Tbsp. snipped fresh dill
- ¼ cup mayonnaise
- 1 Tbsp. Dijon-style mustard
- 4 slices sandwich bread, toasted
- Salt and black pepper
- Paprika
- 2 Tbsp. chopped baby dill pickles
- 2 Tbsp. capers

1. Place eggs in single layer in medium saucepan; add water to cover by 1 inch. Bring to rapid boil (large, rapidly breaking bubbles) over high heat. (See "Hard-cooked," *right*.) Cover; remove from heat. Let stand 15 minutes. Drain; place in bowl of ice water until cool enough to handle. Peel immediately under cool running water.
2. In shallow dish combine chives and dill. Roll peeled eggs in herbs to coat. Remove eggs to cutting board; slice. Stir mayonnaise and mustard into remaining herbs.
3. Cut toast diagonally in half; remove crust.
4. To serve, spread each toast triangle with some of the Dijon spread and egg slices. Sprinkle with salt, pepper, and paprika. Serve with chopped baby dill pickles and capers. **MAKES 8 APPETIZER SERVINGS.**

EACH SERVING *123 cal, 8 g fat, 108 mg chol, 412 mg sodium, 7 g carbo, 0 g fiber, 4 g pro.*

POACHED





Half-fill a large skillet with water and bring to a simmer. Do not let the water come to a boil. A little acid, in the form of lemon juice or vinegar, can be added to the water to help the eggs hold their shape. Break one egg at a time into a small dish. Carefully slide egg into simmering water holding the lip of the dish as close as possible to the water. Once set, scoop up the eggs with a slotted spoon and drain on a paper towel-lined plate. If cooking a large batch, place the eggs back in the warm water to reheat before serving.

HARD-COOKED

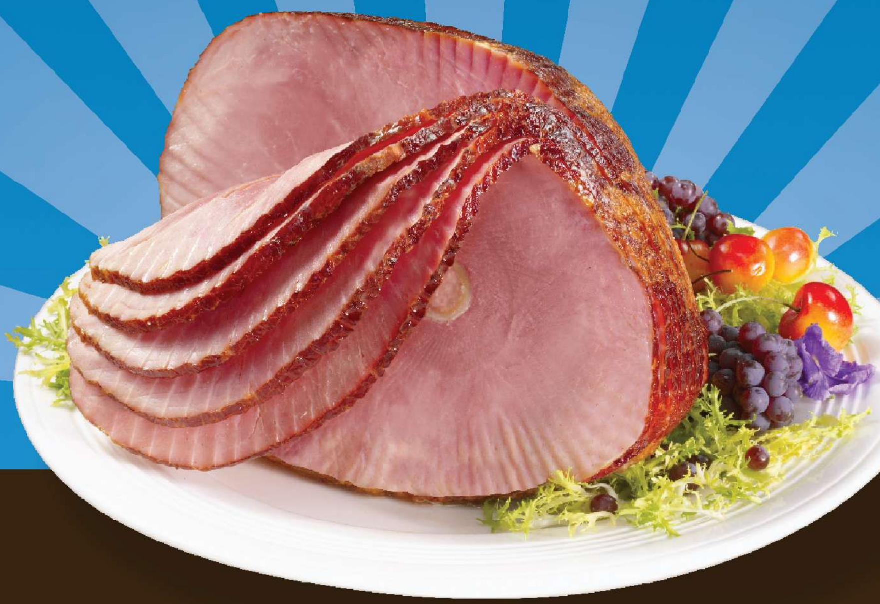


Often referred to as hard-boiled, hard-cooked eggs are cooked in water that is brought to a boil and then covered and removed from the heat. Let eggs stand in the hot water for 15 minutes, or 12 minutes for softer yolks. Immediately plunge the eggs in a bowl of ice water. For easy peeling, when cool enough to handle, remove eggs and crack the shell a little. Place back in the cold water until completely cool. Peel, starting at large end, under cool running water.



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FRIZZLED EGG SPINACH SALAD

This salad is easy to customize. Swap sweet potatoes for the red potatoes, or use melted pepper jelly in place of the chipotle pepper sauce and honey in the dressing.

START TO FINISH: 45 MIN.

- 2 large round red potatoes, scrubbed
- 6 oz. green beans (2 cups)
- 8 slices bacon
- 8 oz. crimini or button mushrooms, halved (about 3 cups)
- 2 cloves garlic, minced (1 tsp.)
- 4 eggs
- 1 5- to 6-oz. bag baby spinach
- 1 recipe Raspberry Dressing, *below*

1. Cut each potato into 8 wedges. Place in 12-inch skillet. Add water to cover; bring to boiling. Reduce heat and simmer, covered, for 5 minutes. Add green beans; return to boiling. Reduce heat and simmer, covered, for 5 minutes more. Drain; rinse in cold water.
2. Wipe out skillet to dry. Add bacon to skillet and cook until crisp. Drain on paper towels; reserve 2 Tbsp. drippings in skillet. (Reserve additional drippings to use as needed for cooking potatoes and eggs.)
3. Add mushrooms and garlic to skillet; cook over medium-high heat for 4 minutes. Remove from skillet. Cover to keep warm.
4. Add potato wedges to skillet. Cook over medium heat for 8 to 10 minutes, turning to brown on both sides and adding reserved drippings as needed. Remove from skillet.
5. To frizzle, break eggs into skillet; sprinkle with *salt* and *pepper.* Reduce heat to low; cook eggs for 4 to 5 minutes or until whites are completely set and yolks start to thicken. (See "Frizzled," *above right.*) For more doneness on top, cover during the last 2 minutes of cooking.
6. Line plates with spinach. Top with beans, bacon, mushrooms, potatoes, and one egg. Add Raspberry Dressing to skillet to warm. Drizzle salads with some dressing; pass remaining. **MAKES 4 SERVINGS.**

RASPBERRY DRESSING In bowl whisk together 1/3 cup *canola oil,* 1/3 cup *raspberry vinegar,* 2 Tbsp. *honey,* 2 tsp. *bottled chipotle pepper sauce,* 1 tsp. *Dijon-style mustard,* and 1/4 tsp. *each salt, cinnamon,* and *cumin.*

EACH SERVING *523 cal, 37 g fat, 232 mg chol, 662 mg sodium, 33 g carbo, 5 g fiber, 17 g pro.*



ENGLISH MUFFIN AND ASPARAGUS BAKE

A nonstick skillet with flared sides is best for sliding this dish onto a platter for serving. If your nonstick skillet isn't ovenproof, use a regular skillet and serve straight from the pan.

PREP: 25 MIN. BAKE: 13 MIN. OVEN: 375°F

- 1 orange, yellow, or green sweet pepper
- 10 eggs
- ½ cup half-and-half or milk
- 2 tsp. Dijon-style mustard
- 1 tsp. lemon pepper seasoning
- 1 tsp. curry powder
- ¼ tsp. salt
- 1 Tbsp. olive oil
- 6 to 8 oz. thin asparagus spears, trimmed
- 1 cup fresh sugar snap pea pods, trimmed
- 1 cup red or yellow cherry tomatoes
- 2 English muffins, split and halved
- 4 oz. fresh mozzarella cheese, thinly sliced, or 1 cup shredded mozzarella
- ¼ cup fresh basil leaves

1. Preheat oven to 375°F. Slice bottom half of pepper into rings; seed and chop remaining pepper. Set aside.
2. In large bowl whisk together eggs, half-and-half, mustard, lemon pepper, curry powder, and salt; set aside.
3. In 12-inch nonstick oven-going skillet heat oil over medium heat. Add asparagus spears; cook 1 to 2 minutes or until bright green. Remove with tongs; set aside. Add chopped sweet pepper and pea pods; cook 2 minutes. Stir in tomatoes. Cook until tomato skins begin to pop. Arrange muffin pieces on top of vegetables. Slowly pour egg mixture over all, making sure to saturate muffin pieces. Top with asparagus spears, pressing lightly with the back of spoon.
4. Transfer to oven. Bake, uncovered, 12 minutes. Top with pepper rings and cheese. Turn oven to broil. Broil 2 to 3 minutes or until top is golden brown, cheese is melted, and eggs are set.
5. Loosen edges and carefully slide onto serving platter. Cut in wedges to serve. Top with fresh basil leaves. **MAKES 6 SERVINGS.**

EACH SERVING *293 cal, 18 g fat, 375 mg chol, 525 mg sodium, 16 g carbo, 2 g fiber, 18 g pro.*

FRIZZLED



This new way to cook an egg is a cross between a fried egg and a sunny-side-up egg. Start over medium-high heat to get the frizzled, crisp edges, then cook on low until done to your liking. A nonstick skillet works best, or use a regular skillet well coated with nonstick cooking spray.

BAKED



This bake gets a head start on the stove top, then cooked in the oven until soft-set in the center and browned on top. When it comes to fillings anything goes—sprinkle cheese over the top or cook meat in with the vegetables. Just make sure to drain off any fat before adding the eggs.


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TORTILLA SCRAMBLE WITH FRESH SALSA

Chilaquiles (chee-lah-KEE-lehs), a Mexican dish of tortillas simmered in a spicy tomato sauce, inspired this scramble.

START TO FINISH: 35 MIN.

- 1 Tbsp. butter
- ½ cup snipped fresh cilantro
- 1 small bunch green onions, chopped
- 1 10-oz. can purchased enchilada sauce
- 5 cups yellow corn tortilla chips
- 1 recipe Fresh Salsa, *right*
- 6 eggs, lightly beaten
- ¼ cup milk
- Sour cream (optional)
- Farmers cheese (optional)

1. Heat *1 tsp.* of the butter in a 12-inch skillet over medium heat; add *half* of the cilantro and *half* of the green onions (use remaining for Fresh Salsa, *right*). Cook and stir 1 minute. Stir in enchilada sauce; gently stir in chips. Cook and stir until chips are coated in sauce; reduce heat to low.
2. Meanwhile, prepare Fresh Salsa.
3. For scrambled eggs, in medium bowl whisk together eggs, milk, and ¼ tsp. *each salt* and *pepper.* In large skillet melt *remaining* 2 tsp. butter over medium heat; add eggs. With spatula, lift and fold partially cooked egg mixture from edges to center so that the uncooked egg portion flows underneath. (See "Scrambled," *below.)* Continue for 4 to 5 minutes or until eggs are cooked through, but still glossy and moist. Remove from heat.
4. To serve, slide chip mixture onto large platter. Top with eggs and Fresh Salsa. Serve with sour cream, cheese, and lime wedges. **MAKES 4 SERVINGS.**

FRESH SALSA In bowl combine the reserved cilantro and green onions; 1 cup *grape tomatoes,* halved; 1 *avocado,* peeled, seeded, and chopped; 1 *serrano pepper*,* seeded and chopped; and the juice from half a *lime.* Cut remaining lime half into wedges for serving.
*Hot peppers contain oils that may burn skin and eyes. Wear plastic gloves. If using bare hands, wash well with soap and water.

EACH SERVING *382 cal, 24 g fat, 326 mg chol, 874 mg sodium, 32 g carbo, 6 g fiber, 14 g pro.*

SCRAMBLED



For tender, buttery eggs, the secret is to not overcook them. If you prefer, whisk a little milk, buttermilk, or sour cream into the eggs before cooking for extra moisture and richness. To cook, pour the eggs into a preheated skillet over medium heat. Lift and fold the cooked part towards the center, allowing uncooked eggs to flow to edges. Once set, serve immediately.

GOOD EGGS

Follow these tips to reduce or even eliminate risk of food-bourne illness.

BUY eggs with clean, uncracked shells from a refrigerated case (see following tip), and check the sell-by date.

STORE eggs in their cartons in the coldest part of fridge—not the door—and use within 3 to 4 weeks after buying. Refrigeration keeps eggs fresh and stops any bacteria from growing.

THROW OUT eggs with an off odor, or a pink or greenish tint to the egg white.

CLEAN hands, utensils, and work surfaces well with hot soapy water or disinfectant wipes after working with raw eggs. This will prevent contaminating other foods with any bacteria lurking in the uncooked eggs.

COOK eggs according to USDA recommendations—until both white and yolk are firm. If you choose to eat slightly cooked eggs (runny yolks) or raw eggs (as in some sauces and salad dressings), use discretion, especially when serving those most susceptible to food-bourne illness— infants, young children, the elderly, pregnant women, and those already ill.



PAN-TOASTED ANGEL FOOD CAKE WITH VANILLA CUSTARD

Meyer lemons are a cross between a lemon and orange, and are available October through May. They add a sweet citrusy flavor to the vanilla custard, but an everyday lemon will work just as well.

START TO FINISH: 45 MIN.

- 4 eggs
- 1 Meyer lemon or small lemon
- 2 cups half-and-half or light cream
- ½ cup sugar
- 2 tsp. vanilla
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- 2 Tbsp. butter
- 1 purchased angel food cake, cut into 10 wedges
- ⅔ cup apricot preserves
- Additional thin strips of lemon peel and fresh mint leaves (optional)

1. Separate egg whites and yolks (see "Sauced," *below right)* Set aside. With vegetable peeler, remove peel from lemon in long strips and place in medium saucepan. Juice lemon into a separate small saucepan and set aside.

2. Combine half-and-half and sugar with lemon peel in medium saucepan. Cook over medium-low heat just until mixture comes to simmer. Whisk egg yolks in large bowl; slowly whisk in half-and-half mixture. Pour mixture through fine mesh sieve back into pan to remove peel. Cook and stir gently over medium-low heat for about 15 minutes or until mixture just begins to thicken and bubble. Remove from heat; stir in vanilla. Quickly cool custard by placing the saucepan in a large bowl of ice water for 1 minute, stirring constantly. Transfer to a bowl. Cover; set aside.

3. In shallow dish whisk together egg whites, cinnamon, and salt. In 12-inch nonstick skillet heat butter over medium heat. Dip cut sides of cake into egg mixture; add to skillet in 2 batches. Brown about 2 to 3 minutes per side; set aside.

4. Add apricot preserves to lemon juice in small saucepan. Heat over medium-high heat until preserves are melted.

5. To serve, pour some of the vanilla custard onto a plate or in a shallow bowl. Top with cake, preserves, lemon peel, and mint. **MAKES 10 SERVINGS.**

EACH SERVING *274 cal, 10 g fat, 108 mg chol, 299 mg sodium, 42 g carbo, 1 g fiber, 6 g pro.*

SAUCED

The key to making yolk-based sauces is to stir constantly and keep the heat low. You may have learned to separate eggs by passing the yolk back and forth from shell half to shell half, but if any bacteria are present on the shell, the whites or yolk could be contaminated. Instead, the American Egg Board recommends investing in an inexpensive egg separator. A slotted spoon set over a small bowl can also do the trick.



MEERINGUE WITH SEARED PINEAPPLE

The curd filling will cause the meringue to soften a little, so assemble just before serving.

PREP: 30 MIN. BAKE: 35 MIN. COOL: 1 HR. OVEN: 300°F

- 5 eggs
- 2 tsp. vanilla
- ¼ tsp. cream of tartar
- ¾ cups granulated sugar
- 1 recipe Pineapple-Lime Curd, *right*
- ½ a pineapple, peeled, cored, and sliced
- 2 Tbsp. butter
- 2 Tbsp. packed brown sugar
- Sliced key limes (optional)
- Fresh mint (optional)

1. Separate egg yolks and whites (see "Sauced," *page 222*). Set yolks aside for Pineapple-Lime Curd. For meringue, let whites stand at room temperature 30 minutes. Preheat oven to 300°F. Line a baking sheet with parchment paper. In large mixing bowl beat whites, vanilla, and cream of tartar with electric mixer on medium-high until soft peaks form (see "Whipped," *below right*). Beating on high, add granulated sugar, 1 Tbsp. at a time, until stiff peaks form (about 8 minute total).
2. Spread meringue on prepared baking sheet to make large oval, (about 13×9 inches), building up edges slightly to form a "nest." Bake 35 minutes. Turn oven off; let stand 1 hour. Carefully lift meringue off paper and transfer to serving platter.
3. Meanwhile, prepare Pineapple-Lime Curd.
4. In 12-inch skillet, cook pineapple slices in the hot butter for 8 minutes or until browned, turning once. Sprinkle with brown sugar. Cook, uncovered, for 1 to 2 minutes more or until sugar is dissolved.
5. To assemble, fill meringue nest with Pineapple-Lime Curd and top with seared pineapple slices. Drizzle with juice from seared pineapple. Serve at once topped with key limes and mint. **MAKES 10 SERVINGS.**

EACH SERVING *297 cal, 14 g fat, 136 mg chol, 118 mg sodium, 41 g carbo, 0 g fiber, 4 g pro.*

PINEAPPLE-LIME CURD

- ¾ cup granulated sugar
- 1 Tbsp. cornstarch
- ¼ cup lime juice
- ¼ cup pineapple juice concentrate
- 5 reserved yolks from Meringue
- ½ cup butter, cut up

In medium saucepan, combine sugar and cornstarch. Stir in juices and 1/3 cup *water.* Cook and stir over medium heat until thickened and bubbly. In medium bowl whisk together egg yolks until smooth. Gradually whisk half of the hot mixture into yolks. Return yolk-juice mixture to saucepan. Cook and stir until mixture thickens and comes to a gentle boil. Cook and stir 2 minutes more. Remove from heat; stir in butter until melted. Transfer to bowl. Cover and refrigerate.

WHIPPED

Most recipes use the terms "soft" or "stiff peaks" to describe how much the whites should be beaten. Soft peaks will curl when the beaters are lifted out of the mixture (as in photo). Stiff peaks stand straight up.



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Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 227*).



Your original recipe could be worth up to $400. Winning recipes will be entered to win the 2010 annual Grand Prize—a selection of appliances from Frigidaire worth up to $10,000. Winner will choose from Frigidaire's new Professional line, including the electric range, *right*. Enter your original (never before published) recipes in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two $400, two $200, ten $50 honor roll winners.

NOVEMBER 2010 CATEGORIES

CRANBERRY SWEETS Send us a recipe that transforms tart cranberries into luscious sweets. Perhaps you add a ruby red cranberry layer to a cheesecake or spread one between layers of cake. Other ideas include bar cookies with a cranberry filling or drop cookies loaded with berries. A cranberry pie or a cranberry pudding (chilled or warm) can be a festive holiday dessert. Start with fresh or frozen cranberries, or incorporate sweetened cranberries into your original recipe.

SLOW-COOKER SOUPS What's better on a chilly night than a steaming bowl of soup? This convenient appliance lets you come home to a meal that's ready and waiting to be served. Make it with meat or meatless, creamy or broth-based. Remember to add plenty of seasonings. Need some ideas? How about a bean or pea soup, a soup with sausage or ground meat, or a hearty vegetable soup with pasta or rice.

THIS MONTH'S WINNERS (*PAGES 227–228*)

$400 WINNERS Wendy Goldhirsch, Bellerose, NY; Elizabeth Wright, Yakima, WA

$200 WINNERS Caitlin Babcock, St. Charles, MO; Joy Gregory-Pendley, Ortonville, MI

$50 HONOR ROLL WINNERS Robin Al-Konaisy, Apache Junction, AZ; Carolyn Blakemore, Fairmont, WV; Karen Bomberger, Auburn, AL; Ingrid Gori, Oak Ridge, NJ; Kimberly Lebron, Olmsted Falls, OH; Kathy Leick, Lake in the Hills, IL; Takako Mori, Westerville, OH; Lynn Pickerel, Columbia, MO; Donna Sims, San Mateo, CA; Christine Wendland, Browns Mills, NJ

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY April contest begins 3/15/10. By mail, send entries to: 1110 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 4/23/10. Mail entries must be postmarked by 4/23/10 and received by 4/30/10.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in each of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; e-mail address is optional.


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TOFU-CARROT SOUP

- 1 8-oz. pkg. sliced button mushrooms (2½ cups)
- 2 stalks celery, sliced
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 2 Tbsp. vegetable oil
- 4 cups sliced carrots
- 3 14-oz. cans vegetable broth or chicken broth
- 1 12.3-oz. pkg. silken-style firm tofu (fresh bean curd)
- 1 5-oz. can evaporated milk
- 1 tsp. chopped fresh thyme
- ½ cup sour cream
- Fresh thyme (optional)
- Cayenne pepper (optional)

1. In 4- to 6-quart Dutch oven cook mushrooms, celery, onion, and garlic in hot oil over medium heat for 5 minutes or until softened. Add carrots and broth. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes or until tender.
2. Let soup cool slightly. Cut up tofu. Place the tofu and half of the broth mixture in a large food processor or blender. (If you don't have a large food processor or blender, process mixture in smaller batches.) Cover and process or blend until smooth. Repeat with remaining broth mixture and evaporated milk. Return all blended soup to Dutch oven and heat through. Stir in the 1 tsp. thyme and *salt* and *pepper* to taste. Top servings with sour cream thinned with 2 to 3 tsp. *water*, snipped thyme, and cayenne pepper. **MAKES 6 MAIN-DISH SERVINGS.**

To find more meatless recipes visit BHG.com/meatless-dishes

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 225*



JAMBALAYA PIZZA

- 3 cups cooked long grain rice, cooled
- 2 eggs, lightly beaten
- 1 cup finely shredded pepper jack cheese
- ¼ cup *each* chopped celery, onion, and green sweet pepper
- 1 Tbsp. butter
- 1 clove garlic, minced
- ½ cup thinly sliced smoked cooked sausage
- ½ cup diced cooked ham
- ½ cup coarsely chopped cooked shrimp
- 1 16-oz. jar chunky salsa, drained (1⅓ cups)
- ¾ cup shredded mozzarella cheese (3 oz.)

1. Preheat oven to 450°F. In bowl combine rice, eggs, and pepper jack cheese. Lightly coat a 12-inch pizza pan with *nonstick cooking spray.* Spread rice mixture evenly in pan. Bake 20 minutes. Remove from oven; reduce oven temperature to 425°F.
2. For topping, in large skillet cook celery, onion, and green pepper in hot butter over medium heat for 8 minutes or until tender, stirring occasionally. Stir in garlic, sausage, ham, and shrimp. Heat through.
3. Spread drained salsa over rice crust, leaving a ½-inch border. Spread vegetable-meat mixture over salsa. Sprinkle with mozzarella cheese. Bake 10 to 15 minutes or until heated through and cheese is melted. Cut into pieces to serve. **MAKES 6 TO 8 SERVINGS.**



PRIZE TESTED RECIPES® $200 WINNER
Caitlin Babcock, ST. CHARLES, MO
PIZZA ANYTIME CATEGORY, APRIL 2010

SPRING BREAKFAST PIZZA WITH NO-KNEAD CRUST

1 ¼-oz. pkg. fast-rising active dry yeast
2 Tbsp. sugar
1 cup warm water (120°F)
3 Tbsp. olive oil
1 cup whole wheat flour
1 cup all-purpose flour
½ cup quick-cooking oats
8 oz. fresh asparagus
¾ cup shredded cheddar or fontina cheese
3 hard-cooked eggs, sliced
1 cup cherry tomatoes, halved
4 oz. cooked ham, cubed
Spiced Hollandaise, *right*

1. Coat 12-inch pizza pan with *nonstick cooking spray;* set aside. For crust, in bowl stir together yeast, sugar, water, oil, and ½ tsp. *salt.* Stir in flours and oats. Cover; let stand in warm place 20 minutes.
2. Preheat oven to 375°F. With damp hands press dough into prepared pan. Bake 15 minutes.
3. Meanwhile, trim asparagus; bias-cut into 1-inch pieces. Place in microwave-safe bowl with ¼ cup *water.* Loosely cover with plastic wrap. Microcook 1 to 2 minutes until crisp-tender; drain. Sprinkle crust with half the cheese. Top with asparagus, sliced eggs, tomatoes, ham, and remaining cheese. Bake 15 minutes more. Serve with Spicy Hollandaise for drizzling. **MAKES 6 SERVINGS.**
SPICED HOLLANDAISE Prepare one *0.9-oz. envelope hollandaise sauce mix* as package directs. Stir in ½ tsp. *chili powder* and 1 tsp. *lemon juice.*

Grand Prize The best recipe of the year will be awarded a suite of appliances from Frigidaire worth up to $10,000. See *page 225* for details.



photos BLAINE MOATS food styling GREG LUNA



PRIZE TESTED RECIPES® $200 WINNER
Joy Gregory-Pendley, ORTONVILLE, MI
SAVORY TOFU DISHES CATEGORY, APRIL 2010

HERBED TOFU CAKES

1 16-oz. pkg. firm tofu (fresh bean curd), drained
1 large carrot, finely shredded (⅔ cup)
2 green onions, chopped
¼ cup snipped fresh cilantro
2 Tbsp. snipped fresh mint
2 cloves garlic, minced
⅓ cup all-purpose flour
2 Tbsp. reduced-sodium soy sauce
2 Tbsp. canola oil
½ of a cucumber, chopped
½ of a mango, seeded, peeled, and chopped
1 recipe Dipping Sauce, *right*
Fresh mint (optional)

1. Preheat oven to 200°F. In large bowl mash tofu with a fork. Add carrot, green onions, cilantro, mint, garlic, flour, and 2 Tbsp. soy sauce; stir to combine.
2. In large skillet heat oil over medium heat. Tightly pack some of the tofu mixture into a ¼-cup metal measuring cup. Unmold into the hot skillet by tapping measuring cup in bottom of skillet. Repeat to make 5 patties. Cook for 3 to 4 minutes per side or until browned and heated through. Remove to a baking sheet; keep warm in oven while cooking remaining 5 patties.
3. To serve, top tofu cakes with cucumber and mango. Serve with mint and Dipping Sauce.
DIPPING SAUCE Stir together 4 Tbsp. *soy sauce,* 2 Tbsp. *rice vinegar,* and 1 tsp. *chili garlic sauce.*
MAKES 10 APPETIZERS.

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

<u>Asthma</u>

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

<u>Chronic Obstructive Pulmonary Disease (COPD)</u>

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

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kitchen wisdom

by VIRGINIA SOLE-SMITH photos KATHRYN GAMBLE
produced by MEREDITH DRUMMOND and JEAN NORMAN

It's so basic: A healthy kitchen starts with safe food. Here's what you can do to protect yourself and your family.

You know the headlines: Food-borne diseases from bacteria such as campylobacter, E. coli, and salmonella now cause 76 million people to fall ill each year. And while several government agencies play a role in monitoring our food, most of what we eat hasn't been tested before it reaches our plates. "It takes a long time for problems to be discovered," explains Donna Rosenbaum, executive director of Safe Tables Our Priority, an advocacy group. "And even then, the government doesn't have the authority to initiate a food recall—they have to convince the companies involved to do it themselves." But there is good news: You can avoid most food-borne illness by taking easy, everyday precautions when you cook—and most are as simple as washing your hands.

FOOD SAFETY BASICS

BUYING

▶CHECK EXPIRATION DATES This may sound obvious, but many of us don't take the time to hunt down that tiny print on meat and milk. Also, buy perishables that have been kept cold and have no obvious bruising or cracks.

▶OPT FOR LOCAL Buy food produced locally when you can. "This means your food is less likely to have been raised on a large factory farm, where animals are packed together, making it easy to spread infections, or imported from countries with lax safety standards," says Robert Lawrence, M.D., director of the Center for a Livable Future at Johns Hopkins School of Public Health.

But even going local doesn't guarantee safety. "These pathogens are pervasive; there's no reason they can't reach your local farmer's animals as well," Rosenbaum notes. No matter where you shop, pay attention when recalls are announced. (Visit *safetables.org* to sign up for weekly e-mail alerts.)

PREPPING

▶WASH YOUR HANDS About 20 percent of us don't remember to wash our hands or kitchen surfaces before preparing food, which means any bacteria floating around is easily transferred to our meal. Soap up before you start cooking.

▶DON'T CROSS-CONTAMINATE The golden rule of safe food preparation: avoid cross-contamination, says Joan Salge Blake, R.D.,

continued on page 238



WHERE FOOD CAN GO WRONG IN YOUR KITCHEN

hot spots

FRIDGE

▶KEEP IT COLD Your fridge should stay at the most 40°F, 0°F for the freezer.

▶CLEAN REGULARLY Every 1–3 months, mix a tablespoon of baking soda dissolved in a quart of water and wipe down every inner surface.

▶LET IT COOL Allow boiling-hot food to cool before you refrigerate so that the container doesn't warm food in the fridge.

SINK

▶SCRUB THE SINK Your sink can be home to 100,000 times the microbes as your bathroom. Clean twice a week with a mix of one tablespoon bleach in a quart of water.

▶NEVER RINSE RAW MEAT "Our moms taught us to rinse meat before cooking, but we now know this just splatters bacteria around, to be picked up by what you wash next," says Salge Blake, registered dietitian.

▶CLEAN THAT SPONGE Run your sponge through the hot cycle of your washing machine whenever you do a load to keep it bacteria-free. And don't use a dirty dishtowel to dry clean dishes; throw it in the wash after every use.

▶SKIP THE STORING Never store food under your sink; it can be contaminated by moisture or cleaning supplies.

COUNTERTOP

▶USE SEPARATE CUTTING BOARDS Designate one for raw meat, poultry, and seafood, another for produce.

▶WASH RIGHT AWAY Clean counters with soap and water immediately after use, then sanitize weekly with a tablespoon of bleach dissolved in a quart of water.



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co-author of *Nutrition: From Science to You* and professor at Boston University. This occurs, for example, when bacteria from raw chicken travel to salad greens. Prep produce and ready-to-eat foods first, then handle raw meat or fish. Use separate utensils and cutting boards for each.

▶CLEAN THOSE UTENSILS Need to reuse a plate or knife after it touches raw meat? First clean it with hot, soapy water and dry thoroughly.

▶WASH PRODUCE Use running water and a vegetable brush to scrub firm types, like potatoes.

▶DEFROST IN THE FRIDGE Don't assume frozen foods get a free pass. When you defrost a dish on the counter, the outside reaches room temperature first, leaving plenty of time for bacteria to grow while the inside is still frozen, says Salge Blake. Defrosting in the fridge keeps the outside cold enough to inhibit the growth of bacteria. Defrosted one chicken breast too many? It's safe to promptly refreeze food thawed in the fridge without cooking it.

COOKING

▶TEST FOR DONENESS You can't rely on 20/20 vision when it comes to killing bacteria, says Salge Blake. USDA research shows that a quarter of burgers will turn brown—and look done—before registering the internal temperature of 160°F needed to kill pathogens. Steaks and roasts need to reach 145°F; poultry should hit 165°F. For more minimum temperatures, visit *foodsafety.gov/keep/charts/mintemp.html*.



STOVE

▶DON'T REUSE INGREDIENTS Uncooked ingredients such as marinades that have touched raw meat should be discarded unless brought to a rolling boil first.

▶KEEP AWAY FROM HEAT Don't store canned goods or other nonperishables above the stove; heat can turn them rancid.

▶DON'T DOUBLE-DIP If you like to taste as you cook, grab a clean spoon each time—and don't put it back into the pot.

MICROWAVE

▶DEFROST SAFELY Zap meat in the microwave only if you'll cook it immediately. Even though the food may be thawed, it won't have reached a high enough temperature to kill bacteria.

▶REHEAT CAREFULLY Plastic food containers can contain chemicals that may leach into food when heated. Put leftovers in glass containers, add a little liquid, and cover to create steam and cook evenly. Be sure you've eliminated all cold spots, where bacteria may still be living.

Kitchen Cabinetry: IKEA. Microwave: LOWE'S.

For buying information see page 259.



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7 must-have tools for any kitchen



1 HAND SOAP

Nearly half of all food-borne illness cases could be prevented if everyone washed their hands when handling food. Thoroughly scrub hands, wrists, fingernails, and between fingers in warm, soapy water for at least 20 seconds. **OUR PICK** Mrs. Meyer's Clean Day Liquid Hand Soap has essential oils to kill germs, $3.99 at *mrsmeyers.com.*



2 BAKING SODA

Mixed with water, this kitchen staple makes an inexpensive solution for washing your fridge. (And, yes, an open box on the shelves will keep things smelling fresh; change every month or two). **OUR PICK** Arm & Hammer, available nationwide.



3 AIRTIGHT CONTAINERS

Store leftovers in shallow, airtight containers. (Bacteria can grow in the time it takes food to cool in a larger container.) **OUR PICK** Pyrex glass storage with No Leak Lids (with BPA-free plastic), $5.99-$9.99 at *pyrexware.com.*

4 DIGITAL REFRIGERATOR/ FREEZER THERMOMETER

Keep the fridge at 40°F, the freezer at 0°F. Stick the gauges near the front or inside the door—places that warm up quickly as you open and shut the door. **OUR PICK** Taylor Digital Stick-On Refrigerator/ Freezer Thermometers, $8–$15, *cutleryandmore.com.*



5 CUTTING BOARDS

Use a nonporous surface like plastic, marble, or tempered glass, versus wood, which is more porous, says dietitian Salge Blake. "Toss boards that are scratched or cracked, as microbes can hide away in those grooves." Use one board for meat, another for other foods. **OUR PICK** Oxo Good Grips Utility Cutting Boards in red and black help you remember which is which. $8.99–$29.99 at *oxo.com.*



6 FREEZER BAGS AND WRAP

Products designed specifically for freezing will protect food better than your everyday supplies. Wrap leftovers tightly to prevent air from seeping in. **OUR PICK** Glad Press 'N Seal Freezer Wrap, $9.99 for two 140-square-foot rolls, available nationwide.





7 INSTANT-READ THERMOMETER

Not only is it important to check temperatures of dishes you cook from scratch, leftovers should be warmed to 165°F to destroy any bacteria. **OUR PICK** Oxo Digital Instant-Read Meat Thermometer, $19.99, *oxo.com.*


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Fast Absorbing.
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ultra thin
16
When "it" strikes, trust Always' amazing LeakGuard® protection
to adjust to unexpected changes in flow. No ultra absorbs faster.
Have a Happy Period. Guaranteed.

What should I do if I see mold on my food?

ANSWER Don't assume the mold you see on the surface is the whole story. "Mold spores look like tiny mushrooms under a microscope," notes Ruth Frechman, R.D., spokesperson for the American Dietetic Association. "The tops are the fuzzy stuff we see on the surface, but the stems can grow deep into the food." Discard almost all moldy food, especially soft foods like fruits, casseroles, yogurt, and jams. Don't sniff—you may inhale spores. Worth saving: hard salamis and cheese, and firm produce like cabbage, bell peppers, or carrots. Cut at least an inch off, below and around the mold, and eat the rest.





How long can I save leftovers?

ANSWER Stick to the two-hour rule. Toss anything that goes longer without refrigeration. Properly stored, soups, stews, all cooked meat, and leftover pizza will keep for 3–4 days. Tuna, egg, chicken, and macaroni salads and opened packages of luncheon meat can last up to 5 days. For more storage times, visit *foodsafety.gov/keep/charts/storagetimes.html*.

Do I need to steer clear of Bisphenol-A in food containers?

ANSWER Bisphenol-A (BPA) is a chemical used to make the polycarbonate plastic in many food containers, canned good linings, baby formula, and other household items. The Centers for Disease Control estimates that BPA is now in the blood or urine of 93 percent of Americans. It belongs to a group of compounds known as "endocrine disrupters," which studies have linked to breast cancer, obesity, attention deficit disorder, and abnormal hormonal and genital development in infants; the Food and Drug Administration, while continuing to pursue studies, believes there is "reason for some concern" over the chemical's effects on fetuses and children. "I would avoid it," says Dr. Robert Lawrence of Johns Hopkins School of Public Health. "Enough research suggests there are risks." To reduce your family's exposure, he advises, store and heat food in glass or ceramic containers, and opt for a stainless-steel water bottle.





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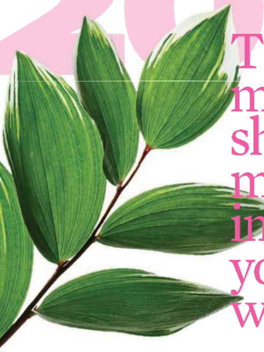
health news

THE INFORMATION YOU NEED TO STAY WELL

by LAMBETH HOCHWALD



20%



That's how much your short-term memory improves after you commune with nature.

Marc Berman, Ph.D., a researcher at the University of Michigan, noted the boost in brainpower after sending study participants on hour-long walks and then running them through psychological testing. The rejuvenating process—which also increased attention capacity—only worked when participants walked in parks and other natural environments, not while strolling down busy city streets. —Jeanne Ambrose

SAFELY STASH YOUR HEALTH RECORDS

When keeping tabs on health records, immunizations, and medications, ditch the scribbled notes and overflowing file folders. A free online application launched by Mayo Clinic and Microsoft is here to help. Mayo Clinic Health Manager lets you store information and get guidance. The privacy-protected site also tracks health stats and doctor appointments. Find it at *healthmanager .mayoclinic.com.*

tea, totally

Not only is a sip of tea soothing, it's good for you. Two small cups of green tea contain as much vitamin C as a glass of orange juice. Infusions of herbs, berries, and flowers also may add health-boosting benefits. Here are some blends bursting with flavor.



◀ **Tazo Vanilla Rooibos** This tea is a fruity blend of rooibos (a South African plant), Tahitian vanilla, cinnamon, apples, and peaches.



▲ **Republic of Tea Hibiscus Superflower Tea** is not only delish, it contains hibiscus, which may help reduce blood pressure, and hints of raspberry and rhubarb.

▶ **Stash Mojito Mint** combines green tea, peppermint, lime flavor, and Japanese matcha, a finely powdered green tea laden with healthful antioxidants.





◀ **Celestial Seasonings Blueberry Breeze Green Tea** has a touch of fruitiness and good-for-you antioxidants.



▲ **Harney & Sons Chinese Flower Green Tea** is a blend of green tea, flower petals, and hints of citrus flavor.

PHOTOS: (TEAS) KATHRYN GAMBLE; (LEAF) GETTY; (TEA BAG) VEER



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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.
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V8 WHAT'S YOUR NUMBER?

8oz. = 1/2 cup of vegetables + 1/2 cup of fruit



when the scale is stuck . . .

Q: I want to lose 5 more pounds, but I just can't get the scale to budge. I'm pretty active and don't eat a lot. What's the problem?

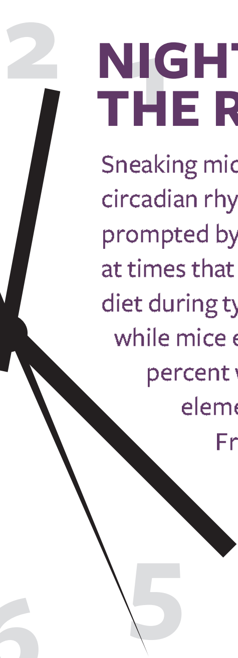
A: You're probably at or very near your ideal physiological body weight. Rather than focus on those last 5 pounds to reach some arbitrary weight goal, focus on favorably changing your body composition by adding strength training to your fitness routine. Such a change will help alter your body's ratio of lean tissue to fat tissue. The net result will be that you will more easily fit into your "skinny jeans" and look better in your bathing suit, because muscle tissue with its greater density takes up less space than fat tissue.

HAVE A QUESTION ABOUT THE LATEST FITNESS TREND, or perhaps your child's health? E-mail it to us at *BHGfeatures@meredith.com*. We'll select one question every issue and ask our health advisory panel to answer it. (Sorry, the doctors are not able to respond to all your questions personally.)



CEDRIC BRYANT, PH.D.

Chief science officer for the American Council on Exercise in San Diego, Cedric Bryant holds a master's degree in exercise science and a doctorate in physiology. He believes it's important to keep the fun in fitness by finding activities and workouts you enjoy.



NIGHTTIME'S NOT THE RIGHT TIME

Sneaking midnight snacks, even low-cal bites, may throw off your circadian rhythms enough to cause weight gain. A study—of mice—was prompted by overweight shift workers whose schedules force them to eat at times that conflict with their natural body rhythms. Mice fed a high-fat diet during typical sleeping hours increased their weight by 48 percent, while mice eating the same diet during their waking hours had a 20 percent weight gain. "Better timing of meals could be a critical element in slowing the ever-increasing incidence of obesity," says Fred Turek, Ph.D., director of the Center for Sleep and Circadian Biology at Northwestern University.

PHOTO: (WOMEN ON SCALE) VEER

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HURRY! Offers expire June 16, 2010

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Green Party

Repurpose household trash into treasure. These easy eco-friendly projects are perfect for parents and kids of all ages.

written & produced by REBECCA MILLER FFRENCH
photos KATHRYN GAMBLE



project no. **one** | **TIME** 2.5 hours | **PERFECT FOR** your hip teen

newspaper handbag

WHAT YOU'LL NEED

- NEWSPAPER
- SCISSORS
- CARDBOARD
- CLEAR PACKING TAPE
- DUCT TAPE
- RIBBON OR ROPE
- GROMMETS (OPTIONAL)

STEP 1

CREATE A SHAPE Construct the bag form by (1) folding a sheet of newspaper in half along its vertical fold, then (2) folding it again horizontally. To create the bottom of the bag, make equidistant creases on either side of the horizontal fold. Cut a 2-inch-wide cardboard strip the length of the bottom of your bag, and insert between the folded newspaper. Secure it with packing tape.



STEP 2

LAMINATE WITH TAPE Open the newspaper so it's flat, and cover both sides completely with long strips of clear packing tape.

STEP 3

STRENGTHEN THE BAG Cut two 2-inch-wide strips of newspaper to the height of the folded bag, and cover both sides of the strips with packing tape. From the inside of the bag, tape the side strips in place. Then, line the outside edges of the bag with clear or duct tape.

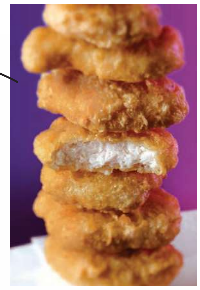
STEP 4

ADD A HANDLE Punch four holes at the top of the bag for a ribbon or rope handle. Use tape to reinforce the holes or glue on grommets for added support. Get creative, too—add a pocket!

mommyisms: insights from mom to mom

When we're at McDonald's,® the only child isn't the only child.

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Tell my husband and son we're going to McDonald's, and suddenly I have two kids instead of one. It's like a fun switch gets flipped and they immediately go into play mode. I can't really blame them.

There's just something about sharing some laughs, and some good food, that brings out the kid in all of us.



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project no. **two**

memo board

TIME 2 hours **PERFECT FOR** all ages

WHAT YOU'LL NEED

- COOKIE SHEET
- SPRAY PAINT AND PRIMER
- SPRAYABLE GLUE
- DECORATIVE PAPER
- OLD MAGNETS
- RIBBON OR RICKRACK

STEP 1
SEARCH FOR SUPPLIES Find a used cookie sheet to which magnets will stick (Teflon or nonstick trays won't work). Sand, prime, and spray-paint the tray. Let dry thoroughly.

STEP 2
GET CREATIVE Cut decorative paper such as wallpaper scraps or recycled gift wrap to fit the tray. Use one or layer several sheets to cover the tray. Using spray glue, affix paper to tray. Decorate with ribbon and rickrack scraps.

STEP 3
ADD IN EXTRAS Recycle business-card promotional magnets by covering them with images cut from magazines or gift wrap. Cut the magnet to the shape of the design (e.g. a bird or butterfly) and use with the memo board. Hang using a piece of ribbon glued to the back of the tray.

project no. **three**

terrarium



TIME 30 minutes **PERFECT FOR** younger kids

WHAT YOU'LL NEED

- GLASS CONTAINER OR CLEAR PLASTIC BOTTLE
- SMALL PEBBLES
- ACTIVATED CHARCOAL
- POTTING SOIL
- SEEDS OR PLANT CLIPPINGS

STEP 1
FIND A CONTAINER
Almost any glass or plastic container such as a Mason jar, fish bowl, or soda bottle can be used. Clean it well. If you're using a soda bottle, cut off just the lower third to use as the container, and keep the upper section as a lid.

STEP 2
ADD THE COMPONENTS
Cover the bottom of the container with a 1-inch layer of pebbles for drainage. Add a thin layer (about 1/4 inch) of activated charcoal (available where aquarium supplies are sold) to filter water, and then place a 2–3-inch layer of dirt in the container.

STEP 3
START PLANTING Grow plants from seed, or use clippings from a houseplant. (Ferns, begonias, cacti, succulents, and moss grow well in terrariums.) Dig a small hole for each plant, place it, and cover roots with soil. Water your terrarium, and place the lid or cap on the container. The closed container will create a growth atmosphere: Water in the soil will eventually form droplets on the inside of the container. They will get heavy, fall like rain, and continue the process. Don't see it happening? Add water.



project no. **four**

decoupage chair

TIME 6-8 hours **PERFECT FOR** tweens and teens

WHAT YOU'LL NEED

- SALVAGED CHAIR
- SANDPAPER
- SCISSORS
- MAGAZINE CLIPPINGS
- MOD PODGE
- SPONGE BRUSH
- PAINT
- DROP CLOTH

STEP 1
PREP THE CHAIR
Sand the chair to make a smooth surface. Wipe clean to remove dust, and paint. If you don't want to cover the entire piece of furniture, just paint the most exposed areas.

STEP 2
START CUTTING Clip images from magazines (flowers, animals, fashion icons, etc.) to decorate the chair. Items such as ticket stubs, sheet music, and candy wrappers work well, too. Avoid very thin paper, which wrinkles.

STEP 3
COVER UP Protect the floor of your work area with newspaper or a drop cloth. Then, pour Mod Podge in a clean disposable dish.

STEP 4
PLACE THE IMAGES With a sponge brush, lightly cover the back of the images to be used with Mod Podge. Set in place on the furniture. Then lightly coat the front side of the image, smoothing any wrinkles with your fingers. Arrange the pieces to your liking, and then apply 2–3 more coats, allowing it to dry thoroughly between each.


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family news

CUES YOU CAN USE FOR TIME TOGETHER

by WENDY STRAKER HAUSER

WALK THE TALK

Stop telling your kids about how you used to walk to school and start showing them. **Safe Routes to School** encourages children to walk or bike to class, giving them a head start on the recommended daily 60 minutes of activity. We love the "walking school buses" concept: Kids (and parents) go house to house picking others up along the way. Find out how to start your own local chapter at *saferoutesinfo.org* and hit the sidewalk.



GET COOKING

Kids' culinary site Sticky Fingers Cooking has a recipe-of-the-month club, and membership comes complete with recipe box, a mixing bowl, and measuring spoons, *below*. Each month one recipe (on spill-proof paper) arrives in the mail addressed to your child—and it even includes allergy-minded substitutions and variations so your young chef doesn't get bored. $36 a year, *stickyfingerscooking.com*



game on



LEGO introduces five new board games (from $14.99 to $34.99) this month, including **Creationary,** a hands-on take on Pictionary, in which players guess what you've built. Roll the dice and pick your project: nature, buildings, things, or vehicles. Start working on your dinosaur now.



PHOTOS: (STUDENTS) VEER; (ALL OTHERS) KATHRYN GAMBLE

MILEY'S SONG

Set aside an evening now for the film ***The Last Song***, out April 2. Kids will go for **Miley Cyrus**, moms for **Greg Kinnear**. Based on Nicholas Sparks' novel about first love, teen angst, and the importance of family, the PG-13 film is set in a small Southern beach town where an estranged father (Kinnear) spends the summer with his teenage daughter (Cyrus), who'd rather be home in New York. They reconnect through the only thing they have in common—music. Post-flick follow-up: Trade tunes with your teen for a playlist you can share.



[DIY BUBBLY]

Bottle Service

According to the U.S. Recycling Institute, more than 80 percent of soda cans in the U.S. end up in landfills. With **SodaStream,** a blender-size appliance that turns water into soda, your kids can be eco-friendly and still enjoy their favorite soft drink. The device (starting at $90 at *sodastream.com*) comes with plastic bottles made from reusable materials. Bonus: SodaStream's flavors have two-thirds fewer carbs, calories, and sugar than retail sodas, and they save money, too. Packets cost less than $5 and make 33 cans' worth of soda.


Waiting For Surgery:
5 Years.

SOME PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS®* MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION OR DEALER LOCATIONS, CONTACT MANUFACTURERS LISTED.

FIRST BLUSH

Page 28: BRIDES® white floral confetti, Martha Stewart dimensional stickers—Michael's Arts & Crafts; 800/642-4235; michaels.com.

Page 32: flower leaf violet, edible sugars, 5800-FL-VT-1—FancyFlours; fancyflours.com.

REALITY CHECK

Pages 35-40: interior design—Jenny Keenan, Interior Design; 843/452-9053.

Page 35: rocking chairs, American flag—Royall Ace Hardware; 843/884-2551; acehardware.com. **Tree stump table**—Arterior through J Douglas; 800/487-1319; jdouglasliving.com.

Pages 36-37: window fabric—Raoul Textiles (to the trade); 310/657-4931; raoultextiles.com. **Wall color,** #2140-60 (Moon Shine)—Benjamin Moore & Co.; benjaminmoore.com. **Drapery rods**—Orion Ornamental Iron, Inc. (to the trade); 877/476-6278; ironartbyorion.com. **Sea grass rug**—Whitakers through G DC Home; 843/849-0711. **Floor lamp**—Visual Comfort & Co. (to the trade); 713/686-5999; visualcomfort.com. **Sofa and fabric**—Restoration Hardware; 800/910-9836; restorationhardware.com. **Coffee table**—Anthropologie; 800/309-2500; anthropologie.com. **Patterned sofa pillows**—Lee Jofa; 800/453-3563; leejofa.com. **Aqua pillow**—Cowtan & Tout (to the trade); 212/647-6900. **Rug**—Zinn Rug Gallery; 843/577-0300; zinnruggallery.com. **Velvet chairs**—Lee Ind.; 800/892-7150; leeindustries.com. **Chair fabric**—Place Vendome; 800/590-5844; interiormall.com. **Linen arm chair fabric**—Rogers & Goffigon, LTD; 203/532-8068. **Clock**—Tyner Antiques; 404/367-4484. **Custom clock finish**—Suzanne Allen for Wall Candy LLC; 212/367-8872; wallcandyarts.com. **Candle sticks on mantel**—Out of Hand Inc. LLC; 843/856-3585. **Wall hanging**—The Rug Co.; 817/738-7847. **Dining room blinds**—Smith & Noble; 800/765-7776; smithandnoble.com. **Table**—Wright Table Co.; 828/437-2766; wrighttable.moonfruit.com. **Chairs and fabric**—Crate & Barrel; 800/996-9960; crateandbarrel.com.

Pages 38-39: kitchen countertops—Bianca Romano granite from local stone mason. **Island countertop**—Iroko (type of wood)—through local counter top supplier. **Backsplash tile**—McIntrye Tile Co.; 707/433-8866; mcintrye-tile.com. **Sink**—Blanco America, Inc.; 800/451-5782; blancoamerica.com. **Range, ovens, range hood, dishwasher**—GE Monogram Appliances; 800/626-2005; geappliances.com. **Counter chairs**—McGuire Furniture Co.; 800/662-4847; mcguirefurniture.com. **Counter stools**—Design Within Reach; 800.944-2233; dwr.com. **Light fixtures, bath sconces**—Hudson Valley Lighting Inc.; 800/814-3993; hudsonvalleylighting.com for a dealer. **Faucet**—Grohe America, Inc.; 800/444-7643; groheamerica.com. **Curtain fabric**—Raoul Textiles (see previous). **Mirror**—Restoration Hardware (see previous). **Bench**—Hickory Chair Co.; 800/349-4579; hickorychair.com. **Rug**—Scott Antique Market; 404/361-2000; scottantiquemarket.com. **Rug in office**—Zinn Rug Gallery (see previous). **Chair,** painted red—Williams-Sonoma; 800/541-2232; ws.com. **Chair fabric**—Bergamo Fabrics, Inc.; 914/665-0800; bergamofabrics.com. **Countertop,** Calcutta gold marble—through local stone mason. **Lamp**—Out of Hand (see previous). **Nursery shade fabric**—China Seas Fabrics; 212/753-2995. **Crib**—ducduc.com; 877/538-2382. **Crib sheets and bumper**—Baby Bloomers Home; babybloomershome.com. **Rug**—Dash & Albert Rug Co.; 800/658-5035. **Chandelier, chest, floor lamp, shade, rocking chair**—antique, discontinued, or personal belonging.

Page 40: headboard, bed skirt—custom. **Headboard fabric**—Rogers & Goffigon, Ltd. (see previous). **Bedding**—ABC Carpet and Home; 212/473-3000; abchome.com. **Bolster, curtain fabric**—Raoul Textiles (see previous). **Pillows** (Pink and Blue)—South of Market; 843/723-1114; southofmarket.biz. **Beige pillow**—Calypso 968; 515/226-7816; calypso968.com. **Chair**—Lee Ind. (see previous). **Chair fabric**—Carlton V; 718/729-5353. **Benches**—Baker Furniture; 800/592-2537; bakerfurniture.com. **Lamp**—Celadon Home; 843/884-7005; celadonathome.com. **Rug**—Khoury Oriental Rugs; 843/720-7370; khouryorientalrugs.com. **Picture above bed**—Allison Sprock Fine Art; 843/577-3636; Allisonsprockfineart.com. **Mirrored stars**—Victoria and Thomas Trading Co.; 843/849-7230.

HYACINTH PURPLE

Page 44: interior designer—Sara Story; sarastorydesign.com; 212-228-6007.

MEDIA CIRCUS

Pages 46-50: basket—Pottery Barn; 800/922-5507; potterybarn.com. **Throw on chair**—Company C; for a retail source call 800/818-8288; companyc.com. **Band Hero**—Activision Inc.; for a retail source call 310/255-2000.

Page 48: storage ottoman, #9401-40 Linentic Fabric—Lee Ind.; 800/892-7150; leeindustries.com.

Page 50: Wii system—Nintendo; 800/255-3700; Nintendo.com.



LITTLE HOUSE NEAR THE BIG WOODS

Pages 54-61: architect and interior designer—Christine Albertsson, AIA, CID, Todd Hansen, AIA, CID, Albertsson Hansen Architecture; 612/823-0233; aharchitecture.com. **Builder**—Choice Wood Co.; 952/924-0043; choicecompanies.com.

Pages 54-55: vase, "Alvar Aalto," **bird,** "Toikka Summer Finch"—Iittala through FinnStyle; 866/617-6176; finnstyle.com. **Siding on addition,** HardiePanel with wood battens—James Hardie Building Products; 888/542-7343; jameshardie.com. **Red paint** (Copper Clay), **white paint** (French Canvas)—Benjamin Moore & Co.; benjaminmoore.com. **Windows**—Marvin Windows & Doors; 888/537-7828; marvin.com.

Pages 56-57: paints: woodwork (Old Prairie), **wall and ceiling** (Powder Sand)—Benjamin Moore & Co.; benjaminmoore.com. **Slipcovered sofa,** "Jasper" 86-inch, **slipcovered chair, Eames coffee table,** Herman Miller, **wood chair,** Carl Hansen & Son—Room & Board; 800/301-9720; roomandboard.com. **Chair slipcover**—Pindler & Pindler (to the trade); 805/531-9090; pindler.com. **Glass door cabinet,** Cherry—Stickley; 315/682-5500; stickley.com. **Drapery fabric in background,** "Vegetable Tree" Josef Frank, **drapery fabric behind sofa,** "Anakren" Josef Frank, **fabric for patterned pillows,** "Vegetable Tree" Josef Frank—Svenskt Tenn; svenskttenn.com. **Rug,** "Cat's Paw" **hooked wool** (Blue Multi)—Garnet Hill; 800/870-3513; garnethill.com. **End table**—Danish Teak Classics; 612/362-7870; danishteakclassics.com. **Bowl on end table**—"Maribowl" (Turquoise Blue)—FinnStyle (see previous).

Pages 58-59: paint (French Canvas)—Benjamin Moore & Co. (see previous). **Candle sconces**—Uncommon Gardens; 612/866-3033; uncommongardens.com. **Glasses,** "Kartio," **pitcher,** "Essence" (Turquoise)—Iittala through FinnStyle; 866/617-6176; finnstyle.com. **Striped pillows, rug**—Crate & Barrel; 800/967-6696; crateandbarrel.com. **Wicker and metal chairs**—discontinued. **Sofa**—Restoration Hardware; 800/910-9836; restorationhardware.com. **Curtain fabric in desk area,** "La Plata" Josef Frank, **pillow fabric,** "Vegetable Tree"—Svenskt Tenn (see previous). **Typewriter, lamp, chair, piano, dollhouse**—vintage. **Pendant light over piano**—Artemide; 877/278-3933; artemide.com. **Quilt in playroom**—Crate & Barrel (see previous). **Coffee table with baskets,** for similar styles—Pottery Barn; 888/779-5176; potterybarn.com. **Bathroom paint** (Blue Bay Marina)—Benjamin Moore & Co. (see previous). **Wall tile**—Royal Mosa through RBC Tile & Stone; 763/559-5531; rbctile.com. **Medicine cabinet with vintage mirror,** custom, **vanity,** custom with honed black slate—Choice Wood Co. (see previous). **Sink**—Hastings Tile & Bath; hastingstilebath.com. **Towel bar,** custom stainless steel—TOMOCO/Thomas Oliphant; 612/781-8851. **Shower stool**—Williams-Sonoma Home; 888/922-4108; wshome.com.

Pages 60-61: rug, custom—Kelly Marshall; 612/788-7800; kellymarshall.com. **Bench, table and chairs,** Carl Malmsten—vintage. **Vintage pendant,** similar new models—Louis Poulsen; 954/349-2525. **Lansa cabinets, hardware**—IKEA; ikea.com. **Range**—Viking Range Corp.; 888/845-4641; vikingrange.com. **Refrigerator**—Jenn-Air; 800/536-6247; jennair.com. **Chairs on deck**—CB2; cb2.com. **Pillows**—Crate & Barrel (see previous).

OPEN PANTRY

Page 62: lighting over sink—Rejuvenation; 888/401-1900; rejuvenation.com. **Subway tile**—Dal-Tile; daltile.com. **Faucet**—Ira Wood & Sons; 800/472-9923; irawoods.com. **Sink**—Blanco America, Inc.; 800/451-5782; blancoamerica.com. **Hardware**—Northwest Hardware Companies, Inc.; 206/763-9007. **Sisal mat**—Capel, Inc.; for more information call 800/382-6574; capelrugs.com.

Page 64: glass jars—World Market; 877/967-5362; worldmarket.com (product varies by location). **Galvanized bins**—IKEA; 800/434-4532; ikea.com.

BOLT OF GENIUS

Pages 73-76: interior design—Jeannie Fraise, Lotus Bleu; 415/861-2700; lotusbleudesign.com.

Page 73: jute boucle rug (Ivory)—West Elm; 866/937-8356; westelm.com. **Vintage gongs on ledge**—Center Street Antiques & Interiors; 831/477-9211; centerstreetantiques.com. **Tree branch side table**— Wisteria; 800/320-9757; wisteria.com. **Ottoman,** Pierre Frey fabric—Summerhill; summerhill.com.

Pages 74-75: candlesticks—Center Street Antiques & Interiors (see previous). **Green/white, red/white fabrics for pillows**—Michael Devine Home; 518/758-1355; michaeldevinehome.com. **Rug,** Madeline Weinrib Brooke, **green lamp**—Lotus Bleu (see previous). **Atelier floor lamp** (Bronze)—Restoration Hardware; restorationhardware.com. **Woven shades**—Conrad Shades; 866/426-6723; conradshades.com. **Curtain fabric**—Raoul Textiles (to the trade); raoultextiles.com. **Sofa, armchairs, reading chairs**—Patricia Edwards; patriciaedwards.com. **Fabric: sofa, reading chairs, armchair seat**—Pierre Frey Fabric (to othe trade); pierrefrey.com. **Fabric on back of armchairs**—Mokum Textiles; mokumtextiles.com. **Seychelles coffee table**—Ironies; 510/644-2100; ironies.com.

Page 76: pictures on glass-top table—Center Street Antiques & Interiors (see previous). **Lamp**—Jamie Young; jamieyoung.com. **Shade**—Restoration Hardware (see previous). **Bone side table**—Plantation; plantationdesign.com. **Fabric for skirt**—Pierre Frey Fabrics (see previous). **Trim**—Kravet; kravet.com. **Crystal lamp on secretary**—Pottery Barn; 800/922-5507; potterybarn.com. **Enamel clock**—Williams-Sonoma; 800/541-2233; ws.com. **Alabaster urn**—Center Street Antiques (see previous). **Chair**—Baker Furniture; bakerfurniture.com. **Seat fabric**—Clarence House (to the trade); 800/755-2890; clarencehouse.com. **Back of chair fabric**—Michael Devine (see previous). **Pillows in basket: floral**—Mokum; mokumtextiles.com, **stripe**—Jane Shelton; 800/530-7259; janeshelton.com, **diamond fabric**—Michael Devine (see previous). **Stripe curtain fabric**—Jane Shelton (see previous). **Armchairs**—Patricia Edwards (see previous). **Ottoman,** Pierre Frey fabric, Kravet trim—Summer Hill (see previous). **Jute Boucle rug** (Ivory)—West Elm (see previous).

LIVING HISTORY

Pages 80-83: tile, subway tile 3x6 (white)—Daltile; daltile.com. **Grout** (Marble Beige)—Laticrete; laticrete.com. **Installation**—Peter Caron; 518/796-6196. **Cabinets**—Steven Manning; 518/727-5020. **Hardware**—Rejuvenation; rejuvenation.com. **Barstools** (White) rush seats—Pier 1; pierone.com. **Architectural find table**—OH, Salvation

RESOURCES

Collection; 518/583-0316. **Lighting**—discontinued. **Sink**, Farmhouse porcelain double bowl—IKEA; ikea.com. **Faucet**—Hansgrohe; hansgrohe-usa.com. **Paint finish** (White)—Heather Anthony; 518/852-6204.
Pages 82-83: dishwasher—Bosch; boschappliances.com. **Range and hood**—Capital Cooking; 866/401-4600; capital-cooking.com. **Countertops**, honed Imperial white marble—Granite & Marble Works; 518/584-2800; graniteandmarbleworks.com. **Refrigerator**—JennAir; jennair.com.

WINNING ENTRY
Pages 90-94: interior designer—Julie Fergus, ASID, American Home Gallery, 49 Center St., Wolfeboro, NH 03896; 603/569-8989; juliefergus.com.
Page 90: exterior paint (Waterburg Cream) HC-31, **trim** (Monterey White) HC-27—Benjamin Moore & Co.; benjaminmoore.com.
Page 92: ceiling paint (Hot Apple Spice), **trim paint** (Monterey White) HC-27—Benjamin Moore & Co. (see previous). **Light fixture**—LampsPlus; lampsplus.com. **Lamp, table, sugar bowl** (with flowers)—American Home Gallery (see previous).
Page 94: bench, "Brighton Pavilion," **lamp, table, sugar bowl**—American Home Gallery (see previous). **Wooven basket**—The Shop and Gardens at Cross Road; 603/924-6664.

CORNER ON PRIVACY
Page 108: terra-cotta containers—Campania International Inc.; campaniainternational.com.
Page 110: sail awnings—Shade Sails; Whittier, CA; shadesails.com. **Teak seating**—Barlow Tyrie, Inc., 1263 Glen Ave., Ste 230, Moorestown, NJ 08057; 800/451-7467; teak.com. **Cushions**—Aguatica, Frontgate; 888/263-9850; frontgate.com. **Glass hurricanes, wine bucket**—no longer available. **Plates**—Fiesta Ware (Turquoise)—Dillard's; dillards.com. **Treillage**—custom.
Page 111 (*right*)**: terra-cotta container**—Terra Bella, 1926 S Tryon St., Charlotte, NC 28203; 704/632-8002; terrabellavessels.com.

GROW YOUR BEST VEGGIE GARDEN EVER
Pages 116-123: vegetable seeds—White Flower Farm; 888/466-8849; whiteflowerfarm.com/bhg. Burpee; 800/333-5808; burpee.com. Tomato Growers Supply; 888/478-7333; tomatogrowers.com. Baker Creek Heirloom Seeds; 417/924-8917; rareseeds.com. The Cook's Garden; 800/457-9703; cooksgarden.com. Territorial Seed Co.; 800/626-0866; territorialseed.com.

UNLIKELY PAIRS
Page 128: Siberian iris (Iris Sibirica)—White Flower Farm; 888/466-8849; whiteflowerfarm.com/bhg. **Purple Snakeroot** (Actaea simplex 'Atropurpurea'), also called **bugbane** (Cimicifuga)—White Flower Farm (see previous). Heronswood; 877/674-4714; heronswood.com.
Page 130: Coral Bells (Heuchera 'Crimson Curls')—for a retail locator go to perennials.com. **Stonecrop** (Sedum rupestre 'Angelina')—Heronswood (see previous). **Russian sedum** (Sedum kamschaticum 'Variegatum')—White Flower Farm (see previous).
Page 133: Chives (Allium schoenoprasum)—Burpee; 800/333-5808; burpee.com. Gardens Alive; 513/354-1482; gardensalive.com. Local garden centers. **Peony** (Paeonia)—peonynursery.com. **Giant allium** (Allium giganteum)—Brent and Becky's Bulbs; 804/693-3966; brentandbeckysbulbs.com. **'Phoenix Red' Penstemon**—Spring Hill Nurseries; springhillnursery.com. High Country Gardens; 800/925-9387; highcountrygardens.com.

Q & A: LAVENDER
Pages 134-139: lavender plants—White Flower Farm; 888/466-8849; whiteflowerfarm.com/bhg. **Lavender seeds**—Burpee; 800/333-5808; burpee.com.

BEAUTY
Page 167: Stila Convertible Color lipstick, blush-in-one, and Tarte Cheek Stain—Sephora stores, stilacosmetics.com; sephora.com. **Butter LONDON Jelly polish**—specialty boutiques, butterlondon.com. **Tarte Natural Gel Lip Stain Pencil**—Sephora stores; stilacosmetics.com; sephora.com, specialty boutiques, butterlondon.com. **Mary Kay Cheek Glaze**—Mary Kay representatives; marykay.com. **DuWop IcedTea lip treatment**—specialty boutiques; shop.duwop.com. **Chanel Brilliant Lip Shine**—specialty department stores; chanel.com. **L'Oréal HIP High-Intensity Pigment Jelly Balm**—mass market retailers nationwide; lorealparis.com.
Page 168: Space NK Apothecary Life NK candles—spacenk.com. **Palmolive Clean & Clear dishwashing liquid**—mass market retailers nationwide; colgate.com. **Naturals by Lauren Hutton All Natural Face Disc**—laurenhutton.com and hsn.com. **EOS shaving creams**—specialty boutiques and retailers; evolutionofsmooth.com.

KITCHEN WISDOM
Pages 236: kitchen cabinetry: Abstrakt base cabinets, BD236, Lidingo white upper cabinets, WG 3639—IKEA; 800/434-4532; IKEA.com. **Varde handles, Glenn bar stools, round black/white tray**—IKEA (see previous). **Microwave**—Lowe's; 800/445-6937; lowes.com. **Floor tile**, ACTIVE Clean Air & Antibacterial Ceramic (Ivory), USH0606001AC; 312/506-2800; stonepeakceramics.com.

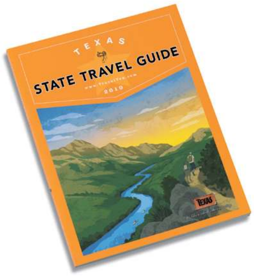
PLEASE NOTE THE FOLLOWING CORRECTIONS:

FEBRUARY 2010, DREAM ROOM
Pages 50-52: Sophia Matelasse coverlet—thecompanystore.com; twin size starts at $89.

MARCH 2010, PANSY POWER
Pages 114-116: all Inspire pansies—Benary; benary.com for a retail locator.
Page 116: Matrix Orange—Simply Beautiful; simplybeautifulgardens.com for a retail locator. **Delta Premium, Karma Blue, Viola Penny**—Goldsmith Seeds; goldsmithseeds.com for seed catalog.

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"We're always in here working on something—printing photos, painting, making jewelry and scrapbooks. It's a fun space, almost like having a second family room."

SAM BURKHARDT

WHEN HURRICANE KATRINA bore down on their Lakeview neighborhood of New Orleans, Sam Burkhardt, husband Jeff, and son, Johnston, didn't think twice about what to take in the little time they had: the family photos. "It took me forever to get them all framed and matted," Sam says. "I couldn't leave them." After the 11 feet of water inside their saltbox home receded, the Burkhardts retooled this downstairs room into a multifunctional office. Taking orders from Sam and Johnston, now 15, Jeff crafted all the shelves and built-ins, including the window seat. "We love it," says Sam. "We're glad to be home." —ALYSE HARRAL

Send your I did it! to ididit@meredith.com.

PHOTO: ANDY LYONS
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ALLERGY-PROOF YOUR HOME

3 Great Tips to Help you LOVE THE AIR™

Love your pet with a big hug, not a big sneeze. Wendy shares her tips to help reduce watery eyes and stuffy noses!

1 Bathing pets regularly is one of the best options for combating allergies. It may be a pain in the tail, especially if you have to give a cat a bath.

2 If you are allergic to cats or dogs, make the HEPA vacuum cleaner your best friend. It is very important to clean up any excess hair or dander left by your furry pal. Vacuum floors, dust counters and wash carpets often in order to reduce the amount of allergens.

3 Keep pets out of the bedroom. We all like to curl up with our pet in bed, but people who are allergic may be cuddling with disaster. Teach pets to sleep in a separate room nearby, possibly in a pet bed.



Pet-Friendly Plants

Many of us humans simply love gardening and working with plants. We also love our four-legged, tail-wagging friends. However, the two do not always go hand in hand. Some dogs see plants as a green snack and can become "sick as a dog" or worse if they eat them. Luckily, there are plenty of pet-friendly tips and plants that can help create pet-plant harmony!

SNIFF AROUND! Before you put in any plants in your garden or home, do some research and learn which plants may be toxic to your dog or cat. For example, azaleas can cause stomach and abdominal pain in your pet, while water hemlock can cause convulsions, seizures and even death. Fortunately, not all are pet enemies. There are hundreds of plants, like blue eyed daisies and Jasmine, which are not only non-toxic, but full of color and beauty!

DRINK RESPONSIBLY! When watering plants, make sure you keep them in a place that is far away from your canine or feline. If possible, try to avoid using chemicals or pesticides in your water. Your furry friends might be tempted to sneak a drink from the flower pot and end up in the vet's office – or even worse!

WHO LET THE DOGS OUT? Make sure your dog or cat is safe in your yard by having a fence. The only thing worse than your pet doing their own gardening is your pet redecorating someone else's! Not only is it embarrassing to explain to your neighbor why his or her tomatoes are missing, but you do not know what kind of toxic plants they may have or what kinds of chemicals or pesticides they may use. If you follow these simple steps, your pet and your plants can have a happy, harmonious and, most importantly, safe co-existence.

IS YOUR DOG THE TOP DOG?

TODAY

This April, TODAY is kicking off a search for "America's Top Dog." All dog owners should send in a video of their beloved, talented, or amazing dogs for the chance to appear live on TODAY and earn the coveted "Top Dog" title.

For more information, or to enter, **visit TODAYshow.com.**

Visit lovetheair.com for more great tips on how to allergy-ready your home.



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Emmy Award–winning actress Alison Sweeney, host of NBC's "The Biggest Loser" and star of "Days of Our Lives," gives pet expert and author Wendy Diamond the inside scoop on her love for pets and her life with allergies.

Did you have pets growing up?

I grew up with pets. I had dogs, cats, and I rode horses too. And my allergies really affected my time with them. I remember being about nine years old, and we had a cat I was allergic to. But I loved this cat so much! I would pet her and let her sit in my lap even though it would make my eyes water. It was so sad for me as a little girl to understand the animals I loved so much were making me feel bad. Now I'm so lucky to have over-the-counter allergy medication to help relieve my symptoms. I always keep ZYRTEC-D® in my purse so that if I'm shooting with animals or in an area that might cause allergies, I know I am prepared.

Does hosting "The Biggest Loser" remind you to keep your pets fit?

Well, certainly I am aware of how important health and fitness is for everyone, and that does include your pets! I take my dogs for walks in a nearby dog park. And it's really good to wear Winky out because she has a ton of energy.

I heard that you exercise with your son. Do your pets sub in when your son's not available?

Ha! Yes. The dog park we use has a steep climb. Winky usually beats me down the hill, but as we're climbing back up, we race. And I know she knows we're racing. I usually beat her back up the hill.

For a behind-the-scenes look at Alison's photo shoot, go to **lovetheair.com.**



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MEET WENDY Pet lifestyle expert, TV pet personality and animal rescue advocate Wendy Diamond is editorial director and chief pet officer of animalfair.com. She is the author of many books, including her latest, *It's a Dog's World*.


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